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HUDSON**
HOW SHE GOT
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SHAPE

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Think about it

Rules are for fools. Okay, perhaps that's extreme, but the point is, conventional wisdom just doesn't fly anymore. Abide by self-imposed 'universal' laws and in no time you become outdated, a dull dresser, culinarily stuck, a workout deadbeat.

Which is why we're pushing anti-conventional wisdom in these pages. Our message: a fierce slug-and-kickboxing workout gives you a long, lean, feminine body; your easy, no-fuss Tuesday night dinner can indeed be fancy; that slinky, to-die-for dress absolutely goes best with your marathon sneakers.

It's all about perspective. This life-sharpening tool should be changing all the time. Find new angles, twist the normal into knots. Fitter, better, happier is a product of evolution and, like everything else in this magazine, an excellent payoff for constant movement. Be a woman without borders.

SHAPE

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A moving holiday

As I write this, I'm in the midst of booking my trip to Nepal, which will involve a bit of trekking. It's probably the most 'active' holiday I've ever taken; I'm looking forward to it, but not without a little trepidation. Trekking? In Nepal? I know it's the thing to do there, but can I really pull this off? I'm going with four other adults, and to ease ourselves into it (none of us have gone on a hiking vacay before) we've decided to take on only short, multiple-day treks (a maximum of three to four days each). Perhaps, we'll go on one of these hikes, and then spend the rest of the days just doing day ones, while based in *one* hotel. Then spend a few more days just sipping tea with our feet up. Yes, I think we can manage that.

All of us are gearing up for the long walks ahead. The others are gym-ing more often, walking and jogging longer and faster... Me? **I'm trying to push myself further at boot camp. And I think it's going to pay off.**

We all enjoy those holidays where you lie on the beach and the most active thing you do is cool off with a wade, waist-deep-only, into the sea, or those vacations where you cafe-hop in a buzzing city like Hong Kong or Bangkok. Well, from now on, active holidays are on the plan for me because I've always loved panoramic views of hills, forests and valleys, and the **sounds of bubbling rivers and chirping birds** – and there's no better way to experience these than to get in the thick of it by getting physical and spilling a little bit of sweat. Happy moving!

FROM THE EDITOR

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SEEMA VISWANATHAN,
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ACTIVE KATE
This month's
cover girl loves
hiking as much
as we do!



THE GOOD SALAD

Topped with roasted seaweed
and *ebiko*, Chai Bar's California
Girls is a bowl of awesomeness.



We're loving...



WHAT MONDAY BLUES?
Nothing like a pretty poster to
kick-start your weekday, huh?

LACE UP YOUR KICKS
Flip to page 71 if you're
planning to pop your
marathon cherry.



GOING DIGITAL

Here's a tip: it's cheaper (and less hassle) to get a digital subscription to *SHAPE* on the Apple App Store and Android app on Google Play than risk missing out on your monthly fix.



Your take on *SHAPE*!

We always enjoy reading your tweets, posts, and emails. Here's what you've been saying.

WINNING LETTER

MONTHLY MOTIVATION

I dived into the fitness world three years ago, but had a bad start since I didn't seek proper guidance. Despite being surrounded by fit and strong individuals, I felt uninspired; finding and sticking to the right routine was harder than I thought. All that changed when I picked up my first copy of *SHAPE*! Your magazine is a breath of fresh air; the workout plans and tips you feature keep regular exercises interesting – I wouldn't want to miss an issue! Thanks for the inspiration, *SHAPE*.
Denesse, Miri



TO THE CORE

I knew core workouts give you a tighter, more-toned belly, but they seemed so boring to me! Plank for three minutes? No, thank you! But February's *Flat Abs Fast!* really got me all pumped up; the five dynamic moves are easy to do, and I didn't need any equipment. I've been following the plan for two weeks now, and I'm already enjoying the results. Cropped tops, here I come! **Jeen, Penang**



SNACKING MADE RIGHT

Thanks to February's *Empower Lunch*, I'm no longer a sneaky/ serial snack-er! I used to munch on *keropok*, chocolates and cookies all the time at the office, but I've substituted them with healthier options, such as fruits and oven-baked nuts. And since I'm making healthy yet filling lunch choices, I rarely need to snack anyway! It would be great if you could suggest low-calorie, low-fat local treats too. **Dina, JB**



MANAGING ED

My partner's suffering from ED, and it's slowly killing our relationship. I'm annoyed that he refuses to talk about it with me (or even a doc!), and this in turn irritates him. Our sex life? It's non-existent, I'm afraid. While our relationship is at its lowest, I'm confident we'll come out a stronger couple, thanks to articles such as *What ED Does To His Mind*. **Suzy, KL**

We want to hear from you!

Send us your thoughts on *SHAPE*—bouquets, brickbats, and anything in between. Email us at shape@bluinc.com.my. Please include your name (and a pseudonym if you wish), address and contact number. Letters published may be edited for length and clarity. **April's winning letter will receive Bioderma's Atoderm Lèvres, Sébium H2O, Sensibio H2O, and Sensibio Light, worth a total of RM311.60!**

(Bioderma is available at: Isetan @ KLCC & 1 Utama, Robinsons @ The Gardens Mall, Parkson @ IOI City Mall, and selected Guardian outlets nationwide.)



the fit file

OUR LATEST
HEALTHY-LIVING
OBSESSIONS

By Sara Angle

Greatest gym hairstyle

Sliding headbands, ponytails that hit you in the face, buns that come undone... Unwieldy hair is a major workout buzzkill. We tapped Nunzio Saviano, stylist and owner of Nunzio Saviano Salon in NYC, to create an adorable, easy-to-do style that can withstand inversions during yoga, treadmill sprints, dance cardio, and everything in between. "It gets your hair out of your way, doesn't bounce, and is tight enough so it won't come undone mid-workout, but not too tight that it's distracting or uncomfortable," says Saviano.

MASTER THE DOUBLE-BRAIDED BUN

1. Slick hair into a tight low ponytail at the nape of the neck. **2.** Create two braids from the ponytail and secure each with a rubber band. **3.** Roll one braid at the base of the ponytail and then roll the second in the opposite way, covering the first braid. Secure with pins, and go!

YOUR
WORKOUT
HAIR,
SORTED!



Galactic Kicks

When luxe craftsmanship and sportiness combine, the result is Miu Miu's futuristic **Astro Running** shoe. Soft and flexible, the neck is cut in neoprene for a sock-like fit, whilst the upper is impressively crafted with hand-embroidered sequins and crystal. Touted as fun to wear and magical to behold, the luxe kick's price tag is out of this world too. If you had cash to spare, would you pay **RM5,780** for a pair of running shoes – and actually run in them?

ARE YOU READY?

You've trained hard for months and now the race you've been waiting for is finally here! See you on **Saturday, the 11th of April, at Putrajaya for the Shape Night Run '15**. There will be a free carnival too with fun performances and goodies from our sponsors, so bring your friends and family. More deets at www.shape.com.my/nightrun2015

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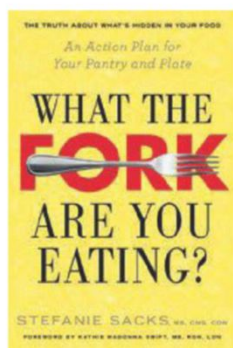
Fit retreat

Heading to Koh Samui, Thailand this month for the Samui Triathlon? Check out the private and peaceful **Samujana Villas!** Large enough to accommodate you, your gear, tribuddies and pom-pom squad, certain villas come with private gyms and workout areas such as large lap pools, and floodlit tennis and basketball courts. Step up your triathlon training by asking the

villa's friendly staff to recommend running routes around the island; in-house health and fitness programmes are also available upon request. After the gruelling race, treat sore muscles to a complimentary deep tissue massage and indulge in a delicious and wholesome meal cooked by your very own private chef. Make your booking via samujana.com.

SHAPE'S reading list

We're definitely snuggling up indoors with these page-turners!



For clean eating foodies...

What The Fork Are You Eating? (RM54.95)

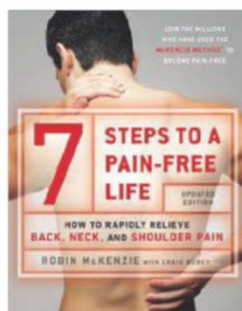
"What's my food really made of?" is the question certified chef and nutritionist Stefanie Sacks sets out to answer in this practical guide to food – especially the store-bought kind. Find out if groceries labelled 'low-fat', 'sugar-free', and even 'natural' and 'antibiotic-free' are always better, and how to shop for healthier items.



Give your home a makeover...

Clear The Clutter, Find Happiness (RM41.95)

Keeping clutter away is difficult enough, let alone getting rid of it. So thank goodness for organising and cleaning expert Donna Smallin's doable, one-minute tips and solutions to keep your spaces clean and clutter-free – for good. The pay-off: you'll feel happier, healthier and calmer living in a gorgeous, inviting home. Now who wouldn't want to come home to that!



After a punishing sweat sesh...

7 Steps To A Pain-Free Life (RM68.50)

Developed in New Zealand in the 1960s, the McKenzie Method has reportedly helped millions of people free themselves from chronic back and neck pain. The book, which is like having your own physical therapist, has sold more than 5.5 million copies worldwide, so you know it's trustworthy. This fully revised and updated edition includes a chapter on relieving shoulder pain.

GET MOVING!

If you love Gap's comfy and understated basics, you'll want to get your hands on the **GapFit** workout collection comprising sporty lounge wear and high performance gear! The collection is designed using figure-enhancing performance fabrics that are breathable, stretchy and durable, so you'll have maximum comfort, fit and freedom of movement while doing your fave activities. There's something for everyone, whether it's yoga, running, spinning, dancing or interval training that you enjoy. Check out the GapFit collection at Gap Gardens Mall, Kuala Lumpur.



STEAL THIS MANTRA

"It's OK to ask for help and support when we need it!"

—Jennifer Widerstrom, The Biggest Loser trainer via Twitter, @jenwiderstrom

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SHAPE8 TURNS

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#SHAPENR15

It's ok, you can still join in on the fun; drop by for the magnificent lights, cool evening breeze, and our all-night carnival!

Plus, we've got promotions, freebies and high-octane warm-up sessions to keep you entertained. It's gonna be an electrifying night that's not to be missed. Come find out what's all the buzz about!

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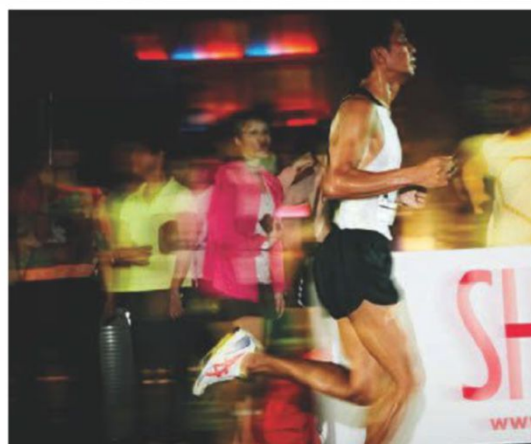
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Saturday

TIME

6PM
onwards

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Putrajaya, Presint 3*



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SEE
YOU
THERE!

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Kate

Healthier, happier, and hotter (just take a look!) than ever, Kate Hudson is at a prime spot in life. So what does she credit? Coming to terms with a few lingering issues, making some bold choices, and finding the beauty in her body. Listen in.

By **Claire Connors** Photographs by Nino Muñoz

On her game



STAR STYLE
Fabletics tank.
Elizabeth and James
necklace. Shashi
necklace. Devon
Woodhill locket.



ASK US TO DESCRIBE KATE

HUDSON using one word, and it would have to be 'sport'. For starters, this mom of two can probably outrun, outdance, out-yoga, and definitely outthrow most amateur athletes. Case in point: as soon as she hit the beach in Malibu, the 35 year old pulled on a baseball glove and started firing knuckleballs. "Baseball runs in my family," explained the diehard Yankees fan. "My grandpa owned a team, my pa [stepfather Kurt Russell] and uncle both played pro, and an aunt was a scout. As the only girl growing up in a houseful of boys, I'd have 15 minutes to talk about my dance classes, then the rest of our time was spent on baseball."

But Kate also happens to be a good – let's make that great – sport. She's newly single and excited about it as a fresh phase. And though a glamorous superstar, Kate was absolutely A-OK with showing up to this cover shoot with hair streaked bright pink in honor of friends and family who are breast-cancer survivors. Plus, while already phenomenally successful as an actress, Kate's totally up for trying her hand at new ventures, like winemaking (she and her ex-fiancé, now business partner, Matt Bellamy, have their own brand, Hudson Bellamy Wines) and designing her athletic clothing line, Fabletics. Oh, and that body? It makes everything she sports – especially if it shows off those tight, toned muscles – look amazing. Here, Kate gives her game plan for staying in that winning mindset.

Styling by Audrey Slater; hair by David Babail/Tracey Mattingly for GHD; makeup by Mélanie Inglessis/The Magnet Agency for Marc Jacobs Beauty; manicure by Ashlie Johnson/The Wall Group for Chanel



LET OUT THE GIRLY GIRL

Kate has always competed with the guys in her life. "I was the sister who wanted to keep up," she says. "I was that bungee-jumping, rock-climbing kind of girl. My brothers and I would ski the double black diamond. Now that I look back, I can't believe I did it." Since having her sons, Ryder, 11, and Bingham, 3, Kate has found real satisfaction in being more tame, and, yes, feeling more feminine. "I felt a shift and really don't have the desire to thrill-seek anymore," she explains. "The other day my brother was making fun of me and called me a Gucci skier. He said, 'You're wearing all the right clothes and look good skiing, but when you get down the hill, you're done.' And I thought, 'You know what? It was fun while it lasted, but I don't have to prove myself to you anymore. I'm happy doing what I want to do now.'"

"I've always had that girly gene, but I lived with boys. So I'd go out in a party dress looking pretty and come back torn, muddy, and bruised."

ALWAYS STARE DOWN YOUR FEARS

Kate is big on paddleboarding. But, there's a but. "I'm terrified of sharks; I get really scared when I'm in the Pacific," she says. So what does Kate do? Become immersed in the world of sharks, naturally. "I like to feed my fears. I'm the one glued to the TV during Shark Week, and I've gone on dives to swim near nurse and reef sharks. Murky water, I'm not so good in. But now, as long as I can see them, I'm not as frightened."

"By nature, I've always been a 'dive in the deep end' person. Literally. My mom says as a kid I used to jump in the deep end of the pool without knowing how to swim."

STAR STYLE
Chinti and Parker sweater.
Melissa Odabash shorts.

CRUSH A FIERCE WORKOUT

"I've been switching up from the softer stuff, like Pilates and yoga, to more aggressive activities like TRX and boxing. I really enjoy sweating it out, and it helps clear my mind," says the long-time exercise lover. To Kate, staying active is critical to keeping a sane perspective and bringing on a good mood. "It's not just about trying to look good physically, it's important to get oxygen to my brain and feel like my blood is really circulating. I love skiing, walking, hiking, and especially riding my bike. It makes me feel like I'm a kid again!"

RECLAIM REAL FOOD

Diet? "I hate the idea," says Kate. "It puts so much pressure on people to lose weight quickly. Getting healthy is not a two-week process, it's a change of lifestyle." And while she could easily have a cook whip up dinner for her, or order in from the best restaurants, Kate insists on making most of her family's meals. "Food is wonderful and amazing and yummy," she says. "Taking the time to cook your own food and enjoying the process of feeding yourself can change your life."

OWN SOME CHICKENS

"I have five chickens at my house!" says the amateur farmer. "I gather eggs all day long. My typical breakfast: I start with two 4½-minute eggs, gluten-free toast, half an avocado, and if I'm really hungry, tomatoes with cottage cheese."

ALSO, NEVER PASS UP WINE

Though there's a trick Kate learned to being able to sip without it all going to her hips. "I was at my favorite French restaurant in Paris, and I was eating everything I love," she recalls. "Steak, fries, lots of wine. Then the dessert came, and I was having strawberries and cream pastries plus the wine." In the middle of her decadent indulgence, a svelte, sophisticated woman approached her table. "I didn't even know who she was, but she said, 'No, darling.' Then she pointed to my glass of wine. 'This is your piece of cake. That's how you should be thinking.' And I always try to remember that: everything in moderation!"

STAR STYLE
Roseanna top
from a selection
at Barneys
New York.
Haute Hippie
shorts.

"If you want to know a part of my family, rent the doc *The Battered Bastards of Baseball*. That pretty much sums us up."

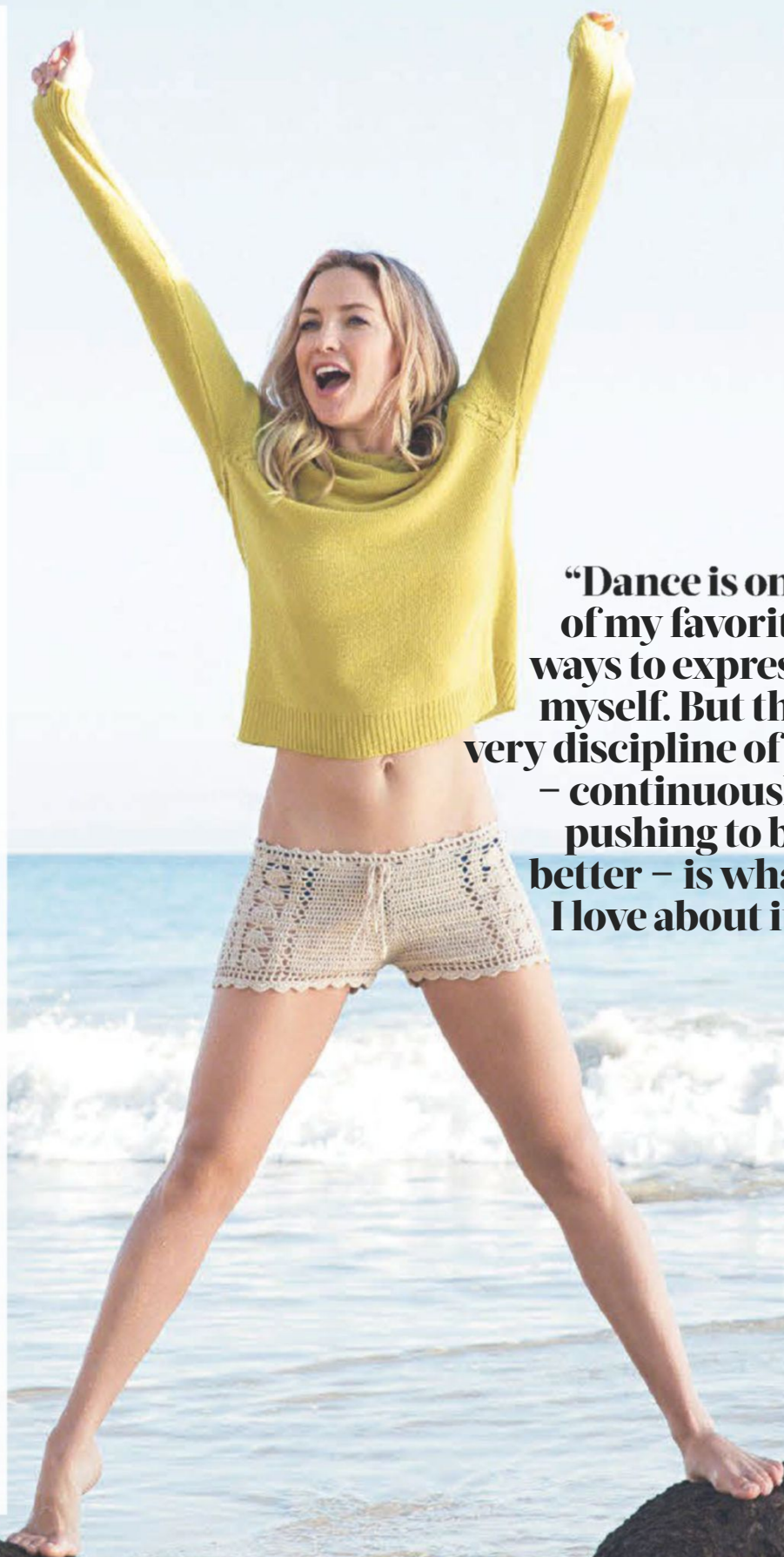
KNOW YOUR OWN HEART

Passion is a huge motivator for Kate. Recently, she was honored by *People* magazine for her important work with the Hawn Foundation (an education philanthropy founded by her mom, Goldie Hawn, where she's a board member), plus other charities in which she's involved. And then there's her Fabletics athletic line. In addition to designing clothes that are affordable and fit every woman's body type – thank you, Kate! – she's created a community that inspires women to set goals and achieve them. "I go to #fabletics and see all of these girls doing insane poses and read about their objectives, and I'm amazed," she says. "I always thought I was doing this to give back, but they're truly the ones giving back to me."

FIND ZEN, ANYWHERE

Ask Kate the age-old question about the trick to balancing a hectic career and being a mum and she bursts out laughing. "A balancing 'act' is exactly what it is!" she says. "One minute, you're on top of the world, and the next, you're hit with the flu, and everything goes down from there." Her standby for keeping calm is meditation. "My mom did it when I was a kid. She taught me to take time for myself and be alone. Sometimes it's just staring at a wall, but if you can really be quiet, that's when you start to refocus." Of course, it isn't easy with two kids seeking her attention. "Suddenly they're like, 'Mom!' 'Mom!' 'Mom!' So it can be challenging," she says, "but that's life, isn't it?"

"Dance is one of my favorite ways to express myself. But the very discipline of it – continuously pushing to be better – is what I love about it."



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Look hot from every angle

Melt away fat and get great abs, obliques, and a sexy back with this clever twist on core moves. **By Jaclyn Emerick**

A FLAT, TONED STOMACH is the holy grail of fitness payoffs. It's also really tough to get – and, contrary to what you may think, doing hundreds of crunches won't help. "The best way to sculpt your middle is to do big, high-energy movements that use all major core muscles at once," says Madison Doubroff, director of Bionic Body in Hermosa Beach, California, and a master trainer for Fabletics, an activewear company co-founded by our cover star, Kate Hudson. Based on this approach, Doubroff created a routine he does regularly with Fabletics' chief stylist, Ginger Ressler. Her motivation: "As a working mum, it's imperative I keep my core strong so I can keep up with my kids and the demands of working on the Fabletics business. Focusing on our core not only helps us women feel great about our bodies, but also helps to prevent back problems, maintain great posture, and keep us resilient for all of our daily rituals." Here, the former track athlete and fitness model demos the moves for you.

The key to this workout's effectiveness: each exercise puts you off-balance to make stabiliser muscles fire all through your body, explains Doubroff. Perform each one as fast as you can with good form to keep your heart rate high for serious core toning and fat melting.

1) CRAB-WALK REACH

Works shoulders, back, abs, butt, hamstrings

Sit with knees bent, feet flat, palms on floor behind you with fingertips facing away from body. Press into hands and feet to lift butt 6cm off floor to start. Rise up to tabletop as you extend left arm behind you, gazing at hand [shown]. Lower to starting position. Switch sides; repeat. Continue alternating sides for 40 to 60 seconds.

STYLE NOTES
Fabletics bra top
and leggings.
Asics sneakers.

YOUR PLAN

THE CIRCUIT

Do each move for 40 to 60 seconds, in order

REST

1.5 to 2 minutes between sets

SETS

2 or 3

FREQUENCY

3 times a week on alternate days

YOU'LL NEED

A stability ball



“If this ever feels easy, go faster or go longer,” Doubroff says. “The more you challenge yourself and the more energy you expend, the better your results will be.”

Hair and makeup by Lauren Lancaster/Celestine Agency



A↑ B↓ C→

2) SINGLE-LEG BURPEE

Works shoulders, chest, biceps, abs, butt, thighs, calves

Stand on left leg, arms at sides. Crouch, place palms on floor [A], jump left leg back to single-leg plank (keep right knee bent and foot off floor) [B], lower chest to floor, press up, hop foot forward, then jump [C]. Without letting right leg touch the floor, repeat for 20 to 30 seconds. Switch sides; repeat.



cover workout



A/B

3) SINGLE-LEG SQUAT TWIST

Works abs, obliques, butt, quads

Stand on right leg with left knee bent and foot behind you, hands at sides to start [A]. Squat and rotate your torso right, bringing hands outside of right foot, keeping hips square [B]. Return to starting position. Without lowering left foot, repeat for 20 to 30 seconds. Switch sides; repeat.



A B

4) CURTSY-SQUAT KNEE DRIVE

Works abs, obliques, butt, quads, inner thighs

Stand on left leg, hands at chest with elbows bent to start. Bend left knee and reach right leg behind and across left as far as you can [A]. Stand and drive right knee up to hip height [B]. Return to starting position. Without lowering right foot, repeat for 20 to 30 seconds. Switch sides; repeat.





A↑ B↓
**5) PLANK ROLL-OUT
 TO PIKE**

*Works shoulders,
 back, abs,
 butt, quads*

Start in plank with shins on ball. Press into palms to roll back until ball rests on thighs and body forms an inverted diagonal line [A]. Drag ball forward, coming up to balls of feet so body forms an inverted V [B]. Return to starting position. Repeat for 40 to 60 seconds.



SIZE MATTERS

The right-size ball should be a bit taller than your knees when you're standing next to it; when you sit on it, your knees should bend 90 degrees. It'll feel like you're sitting comfortably in a chair.

A↙ B↘
6) SINGLE-LEG BRIDGE
Works abs, butt, hamstrings

Sit with back against ball, knees bent, feet flat and hip-width apart. Lift hips so body forms a straight line from shoulders to knees (head, shoulders, and upper back rest on ball); place hands on hips [A]. Extend right leg out in line with left knee, foot flexed [B]. Lower leg. Switch sides; repeat. Continue alternating sides for 40 to 60 seconds.



A ← B → 7) ROTATING BRIDGE

*Works abs, obliques,
butt, hamstrings*

Sit with back against ball, knees bent, feet flat and hip-width apart. Lift hips so body forms a straight line from shoulders to knees (head, shoulders, and upper back rest on ball); extend arms up, palms together to start [A]. Rotate torso to right and extend right leg to right [B]. Return to starting position. Switch sides; repeat. Continue alternating sides for 40 to 60 seconds.



A ← B ↓ 8) PLANK PULL- THROUGH EXTENSION

*Works shoulders, abs,
obliques, butt, quads*

Start in plank with shins on ball. Draw right knee toward left elbow [A], then extend right leg back and up, opening hip but keeping shoulders square [B]. Repeat for 20 to 30 seconds. Switch sides; repeat.



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ENERGY RETURN

Full length IGNITE FOAM midsole's PU blend offers high rebound cushioning



STEP IN COMFORT

IGNITE FOAM provides instant comfort where you need it most



LONG-LASTING PERFORMANCE

ForEverFoam is used in the heel to disperse impact and provide extra durability

A full-page advertisement featuring Usain Bolt in a dynamic running pose. He is wearing a dark blue Puma Ignite athletic shirt and shorts, with blue and red sneakers. The background is a blurred city skyline at night, with lights from buildings and streets creating a sense of motion. The text 'RUN' and 'IGNITE' are prominently displayed in large, white, sans-serif font, with horizontal bars through the letters. The overall color palette is dominated by blues, purples, and reds, with bright light flares adding to the energetic feel.

RUN IGNITE

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game of running,
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the World's
Fastest Man,
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"I was introduced to IGNITE about a year ago and I was really happy with the design, it's like no running shoe I have ever seen. It looks good but it feels amazing," Bolt said.

1n over 65 years of making fast shoes for the fastest athletes in the world, PUMA introduces its most responsive shoe ever that draws inspiration from the colors, speed and shape of a blazing comet to keep you Forever Faster on the run.

Put the high energy in, IGNITE gives it back without restrictions. It works its magic through the innovative IGNITE Foam, a proprietary foam that provides high rebound cushioning and immediate step in comfort, alongside ForEverFoam—a compound used heavily in the automotive industry—which is injected into the heel to disperse impact.

"IGNITE is the most comfortable shoe I've run in. I put a lot of wear into my shoes so it's important they're durable but still comfortable," he added.

Secured with maximum energy return and extra durability under your feet, you are ready to traverse an infinite number of moments. Bolt returns a faster result every time he ignites onto the podium. He breaks records and breaks them again. At 9.58, and counting down, he embraces winning with shoes built for long-lasting performance.

It took PUMA nine long years to bring this comet of a shoe to the running scene, but now that it's here, there's just no stopping the future of the sport: runners pushing past every notion of running.

Begin to IGNITE. "When you put it on your feet, you'll understand," Bolt said.

ENERGY RETURN

Full length IGNITE FOAM midsole's PU blend offers high rebound cushioning



STEP IN COMFORT

IGNITE FOAM provides instant comfort where you need it most



LONG-LASTING PERFORMANCE

ForEverFoam is injected into the heel to disperse impact and provide extra durability



you in shape

NAME: Celia Schieffelin

AGE: 18

PROFESSION: Student

HOME: Miami, the U.S.

SHAPE READER: 3 years



The ride of her life

When faced with devastating news, this reader shut down at first. Then she refocused, got back in gear, and took on one of her biggest fears.

By Amy Zavatto

Photographs by Pete Barrett

“When you’re faced with adversity, there are two things you can do: wallow... or fight.”

Celia Schieffelin could not remember how to ride a bike. And yet, the 18 year old surprised everyone, including herself, when she committed to an arduous cycling event that took her along a 21km course in the hot Florida sun. Her last attempt to master two wheels had been when she was 5, and it didn’t go well. “I remember taking a corner too fast, and skinning my knee. I never tried again,” says the University of Miami sophomore. “Thirteen years later, I had no idea how I would get back on a bike!”

But Celia, who goes by CC, made learning to ride again her mission. She wanted to conquer her fear, yes, but CC’s motivation went beyond that: riding a bike became her way of grappling with her mom’s battle with colorectal cancer, as well as honoring her indomitable spirit in the most powerful way she knew how.

LIFE CYCLE

CC’s mom, Barbara Burg, was first diagnosed when CC was 13. Unable to deal with the terror of her mother being sick, the news sent CC into an emotional

lockdown that lasted throughout much of high school. “I spent the first three and a half years of Mom’s battle denying it,” she says. “It was very upsetting and hard for me.” The job of cheering up CC often fell to Barb, a high-powered, well-respected press executive in New York’s competitive book publishing world, who fortunately had the stamina to take it on. “My mom has often been described as a force of nature, with a smile that could fix anything and a sarcastic wit that would leave you laughing so hard you were crying,” she says.

When CC left New York for school in Miami in the fall of 2013, however, the distance finally gave her room to think. Very quickly, she realised that continuing to shut down and do nothing was not the person she wanted to be.

“When you’re faced with adversity, there are two things you can do: wallow in your sorrows – or fight. My mom always said her cancer and what was happening to our family was no excuse to wallow,” CC says. “She was a warrior.”

So CC signed up for part of the

Dolphin Cycling Challenge, an annual event supported by Miami’s NFL team and the Sylvester Comprehensive Cancer Center at the University of Miami to raise money for cancer research. Even for someone who can’t ride a bike, the commitment for the UMDC Spin-A-Thon seemed doable; pedal a stationary bike for 30 minutes and raise the \$175 minimum. But through the support of her friends and family, CC became a star fundraiser, bringing in a whopping US\$10,000 (approx RM36,500). It caught the eye of her school, who helped her to raise her final jaw-dropping amount of US\$45,000 (approx RM164,200). The one catch? In exchange for all those research dollars, the Dolphin Cycling Challenge organisation asked that CC get on a real bike and cycle the 21km street course. “I

asked if I could have training wheels,” she says, laughing.

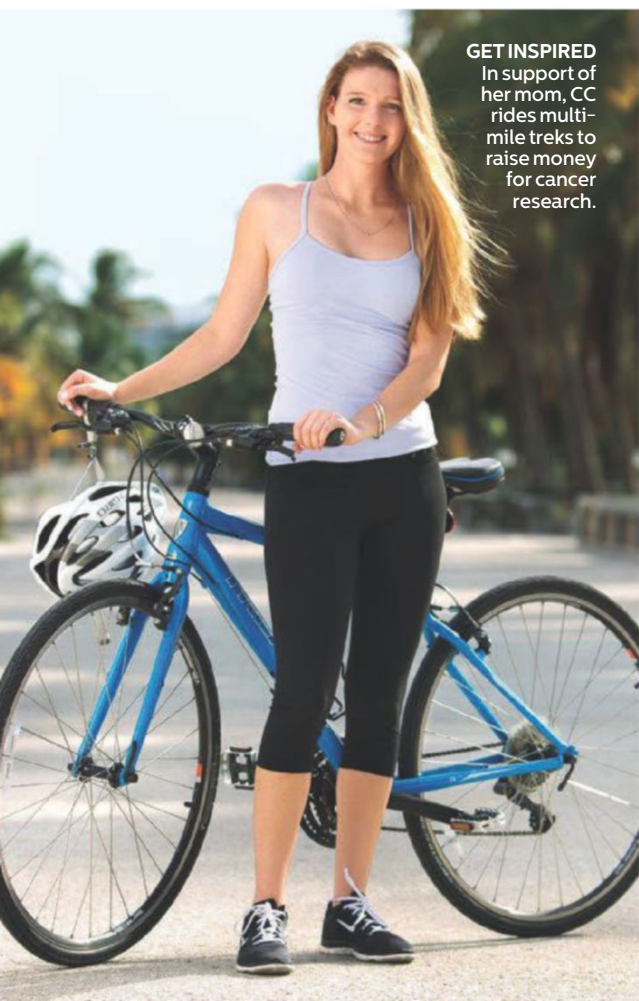
CHANGING COURSE

Instead, CC practiced riding a two-wheeler with a couple of her best friends in a field behind their dorm. Her friends “held on and walked as I pedaled. Then they pushed and I fell,” she says – not an easy thing to accept for a young woman who had always been involved in athletics. “There is nothing more embarrassing than being an 18-year-old girl falling off a bike!” But once she finally learned to ride on her own and gained a little confidence, CC began cycling to class and around campus. By the day of the ride, she was completely ready to tackle the streets. And cheering her on along the way were her parents. “For my mum to see me do something like that showed I accepted what was happening and could do something about it; it made her feel much better.” Less than six months later, in April 2014, Barb passed away.

At print time, Celia’s scheduled to take to the road for the Cycling Challenge with the financial goal of raising US\$100,000 (approx RM361,300) – and with a fierce personal goal of riding 80km. It’s a long way for a girl who’d requested training wheels less than a year ago, but CC will get it done.

“My mum was so brave, courageous, and strong. She made cancer look easy. I think it all comes back to how you deal with adversity; she made me realise that it shouldn’t define me,” she says. “I can turn around and show that I am just as brave, courageous, and strong, and to never stop trying or let this tragedy shape me. That’s not who I am.” Who she is, it seems, is her mother’s daughter.

GET INSPIRED
In support of her mom, CC rides multi-mile treks to raise money for cancer research.



get fit



Maximise your gym time!

While hitting the gym is generally awesome, it's not always the best experience – like when you're dragging your feet (literally) after a long day, or you're stuck in a workout rut. But after reading this, you'll know how to get the most out of your gym-going experience every time. By Jenna Birch



#1 GO EARLY

Hitting the gym during the first half of your day – before 1pm – has multiple benefits, according to Jimmy Minardi, founder of NYC- and Hamptons-based Minardi Training. “Working out in the morning can boost energy for the rest of the day, giving your metabolism a jumpstart,” says Minardi. “And the thermic effect of exercise lasts at least four hours after a workout, so you’ll experience an increase in calorie expenditure throughout the day.”

#2 TAKE A FRIEND, BUT ZIP YOUR LIPS

It’s great to have a workout buddy, but make sure you’re there to motivate each other rather than get distracted by catching up. “Too much chatting between sets can take the momentum out of your workout,” says Minardi. “It’s good to rest enough between a high-intensity set to allow your muscles a chance to recover, but anything beyond a few minutes might make you lose your focus.”

#3 PRACTISE PROPER POSTURE

If you have a bad habit of tilting your body forward on the elliptical or stair-climber, stand up straighter next time around, says Joan Pagano, a certified trainer in New York City and author of *Strength Training Exercises for Women*. “Leaning on the handlebars reduces the effectiveness of your work by removing the emphasis from your lower body muscles,” she says. “You’re also stressing your shoulders, back and arms – so if you can’t avoid leaning, then ease up on the intensity.”

#4 BEAR WEIGHT (SOMETIMES)

“People spend too much energy on non-weight-bearing exercises like elliptical training, spinning and flat treadmill running,” says Minardi. “This is good for people who may be recovering from injury, but not for those looking to improve overall health.” So don’t fear a little pounding: weight-bearing exercises (like yoga, dancing, or agility moves) strengthen bones and muscles, improving balance, coordination, and flexibility.

#5 AMP IT UP

Always vary intensities during your workout, and add in more movement whenever possible. “Instead of just working your lower body, choose cardio equipment that has arm involvement whenever possible, like the bike or elliptical for a full-body workout,” Pagano says. “And when using any cardio machine, add intervals of higher intensity to burn more calories in shorter time and to train your heart to work at higher levels of your aerobic capacity.” They’re simple additions, but your body will thank you.

#6 GET CREATIVE WITH MACHINES

You don’t necessarily have to use every machine in the gym exactly as intended, or for just one exercise, says Pagano. “With the leg press, for example, do a set using both legs, then lighten the weight and do it with one leg at a time. Keeping your feet on the platform with your legs fully extended, work your ankles by first pushing the platform away with the balls of your feet and then pushing it away with the heels of your feet, lifting your forefoot.” This move will work your calves and lower legs better than ever.

“HOW CAN I RAMP UP RESULTS AND GET TONED FAST?”

These are my favourite ways to make a strength-training routine more effective, without working any harder.



MIX UP YOUR
SPEED TO
CHALLENGE
YOUR
MUSCLES—
NO EXTRA
WEIGHT
REQUIRED!

ALTERNATE YOUR PACE

Every strength exercise involves two phases: concentric, when the muscles contract to raise the weight, and eccentric, when the muscles lengthen to lower it. When you slow down the eccentric phase, you challenge and lengthen the muscle, which can lead to strength gains, better balance, and faster muscle recovery. **Try it** Count to 5 as you lower the weight. Once you've reached the bottom (e.g., touching your chest with the barbell during a bench press or hitting the lowest point of a squat), push the weight back up in 2 counts.

DROP YOUR SETS

You'll start with the heaviest load you can manage for 8 to 10 reps and then, with no rest in between, “drop” to less weight for each following set. It's designed to fire up all the fibres in a muscle group and work them beyond exhaustion, which can fast-track muscle strength, endurance, and tone. **Try it** Start with the amount of weight you can lift for only 10 reps. After 1 set, and without resting, reduce the weight by 10 to 20 per cent and do as many reps as you can (shooting for 10, but probably only reaching 8), then reduce by 10 to 20 per cent again and do as many reps as possible (still aiming for 10, but it's likely you'll manage around 6).

SLOW DOWN YOUR TRAINING

During a typical rep, you quickly raise the weight and take about 2 seconds to lower it. But if you decrease your pace, you eliminate momentum and engage the muscles longer, keeping them under tension for more time total, which can make you stronger in fewer sessions. **Try it** Lift a weight for 10 seconds; lower the weight for 10 seconds. Because you're spending more time contracting and less time resting, you won't be able to heft as much as you would at a quicker pace. Start with light weights or even a resistance band until you get the hang of it.



Jay Cardello is *Shape*'s fitness editor-at-large and a celebrity trainer in New York City. Visit shape.com/blogs for more of his workout advice.

Image from 123RF

One-on-One With...

Camille Leblanc Bazinet

How she became The Fittest Woman on Earth

Bazinet earned her title as the 2014 CrossFit Games champ by crushing three days of grueling fitness competitions. Well, it's that time again: the first round of the '15 Games, called The Open, started February 27, and anyone who belongs to a box can participate – last year, more than 140,000 people did. We spoke with the 26-year-old Canadian, who will compete this year to defend her title, for the tips that earned her bragging rights – and can help you reach your get-fit goals.



BEING BAD IS A GOOD THING

Bazinet says her favorite workouts are those that expose a weakness. "When I focus on what I'm not good at – that's endurance right now – I feel a special sense of pride and accomplishment as I get better," she says. Pinpoint what you struggle with, (from squats to wheel pose in yoga) and work on that for a few minutes when you first hit the gym.

GET OUT OF YOUR HEAD

Dreading a workout is normal. But push negative thoughts from your mind at the

start of a session. "I know how tough some workouts are going to be," says Bazinet, "but when I set my mind to just doing it, I always get through and rarely is it as bad as I feared."

EAT THE ICE CREAM

"Don't stress about treats," says Bazinet. She sticks to what she calls her seven superfoods (kale, sweet potatoes, blueberries, papayas, spinach, organic meat, and avocados) for most meals, but twice a week she attacks the ice cream or dark chocolate-covered almonds.



WEAR THIS

Apparel made with eco-friendly fabric is lightweight, wicks sweat, dries fast, and doesn't hold on to odor like other material can, shows new research. We love **Tasc Performance**, which uses bamboo, like in this **Endurance** bra in multiple colours (tascperformance.com), and **PrAna's** (prana.com) items made with hemp.

Learn to like speed work

If you don't have great love for intervals, make them just 30 seconds. When people sprinted for 30, 60, or 120 seconds (all sets were performed with equal work-to-rest ratios and overall work volume was the same), those who had the shortest sets burned just as many calories as those who had the longest ones but said the exercise felt a lot easier, finds a study by the University of South Florida. Here's why:

► **Thirty-second bursts are not overly fatiguing**, so you're able to recover fully for each set versus after a longer interval.

► **Because they're not as exhausting as longer ones**, you're more likely to get in more sets per session, researchers say.



8-minute fat blast

Nothing tops Tabata, the science-proven formula of going all out for 20 seconds and resting for 10, eight times over, for burning calories *fast*. For a creative take on that formula, we tapped Kathy Glabicky, founder of Tread Tabata, a class in Marblehead, Massachusetts, to design this plan. Her method mixes treadmill intervals with body-weight plyometric moves. You'll blast nearly 15 calories per minute* and up to 300 more in the 12 hours after. Can't get enough? Download *Kathy G's Tread Shed* videos, new this month (treadtabata.com).

THE PLAN

- ▶ Start with an easy warm-up of jumping jacks or jogging in place.
- ▶ Then get on the treadmill for a 4-minute round. Run fast! Regardless of your level, you should be breathless during each interval.
- ▶ Next, do a 4-minute round of plyometric moves on the floor. Go as fast as you can while maintaining good form.
- ▶ Total workout time: 8 minutes.

TREADMILL ROUTINE

TIME (sec.)	WHAT TO DO	RPE** (1-10)
20	6.5-10 mph; 4 incline	6-8
REST 10 SEC.		
20	6-10 mph; 6 incline	8-9
REST 10 SEC.		
20	5.5-9 mph; 8 incline	8-9
REST 10 SEC.		
20	5-8 mph; 10 incline	8-9
REST 10 SEC., REPEAT ALL ONCE MORE		

PLYO MOVES

20	Squat, then jump and click your heels together, landing softly in a squat. Repeat.	8-9
REST 10 SEC.		
20	Do Jump Squat With Punches (see below).	8-9
REST 10 SEC.		
20	Do Triceps Dip and Reach (see below).	8-9
REST 10 SEC.		
20	Lie facedown, arms extended forward. Lift arms and thighs, lower, then press up to a plank. Do a push-up, jump feet to hands, then back to plank. Return to starting position. Repeat.	8-9
REST 10 SEC., REPEAT ALL ONCE MORE		

*Calorie burn is based on a 66kg woman.
**Rate of perceived exertion.

JUMP SQUAT WITH PUNCHES

Squat, pause at the bottom, and punch left, then right. Jump up, landing softly back in a squat. Repeat.

TRICEPS DIP AND REACH

Sit with knees bent, hands behind you, to start. Lift butt and press up to tabletop, reaching left hand and right foot up to meet. Lower back to start. Switch sides; repeat. Continue alternating sides.



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Speed sculpt with sand

A lean body and strong, sexy muscles – it's in the bag with this tough (but worth it!) routine.

By Karen Asp

Photographs by Chris Fanning



Reason to add a sandbag to your workout: people who exercised with one had higher heart rates and thus likely burned more calories than those who did the same moves with dumb-bells, new research from the U.S.'s University of Wisconsin–Milwaukee finds. That's because sand is unpredictable; it moves, so you have to work harder to stabilise the load than if you held something solid, the study authors explain.

Seizing the fat-sizzling opportunity, international fitness club Equinox launched Eliminator, a new class that uses SandBells (round, sand-filled neoprene bags), at its U.S. locations. It involves doing challenging rounds of SandBell moves, like drags, slams, and plyos. We asked class creator Dana McCaw to develop a routine based on Eliminator, so you can try the hot new workout on your own. "You'll start with the longest, hardest 8-minute round of moves, then pare down as you go," she explains. "When you reach those last two rounds, they feel easy in comparison."

Skins tank: Live The Process; leggings: Nike sneakers from a selection at Zappos.com.



YOUR PLAN

Do all 8 moves for 1 minute each. Then, rest for 1 minute and choose 1 move to eliminate. Go again, but only do 7 moves; rest for 1 minute. For round 3, do only 6 moves. Rest. For round 4, do 5 moves. Rest. For the final round, do your favourite 4 moves. This will take 34 minutes total. If you're short on time, do 2 sets of all 8 moves and you'll be done in 17 minutes. Complete this routine 3 times a week on alternate days.

YOU'LL NEED

A 6- or 8-pound SandBell. Purchase one from ecolifefit.com, for RM42/RM49.

A↑ B↓

1) PUSH AND PULL

Works back, chest, abs, butt, quads, hamstrings

Stand with feet hip-width apart and hold SandBell with both hands, arms down to start. Crouch, place SandBell on floor, and put hands on top of it. Rise onto balls of feet and push SandBell forward [A] until you come into plank. Step hands outside of it and do 1 push-up, touching chest to SandBell [B]. Put hands back on SandBell, then pull it toward feet. Return to starting position. Repeat for 1 minute.



“Go as quickly as you can with good form, knowing that every round gets a little easier.”

—Dana McCaw, group fitness manager of Equinox in Santa Monica, California, and creator of its SandBell class, *Elimin8tor*

A← B→

2) FIGURE EIGHT

Works back, biceps, abs, obliques, butt, quads, inner thighs

Stand with feet wider than hip-width apart, toes out, and hold the SandBell with left hand, arms at sides. Draw SandBell up and back [A], then squat and pass it under left thigh and into right hand [B]. Stand and repeat on right side. Continue alternating sides for 1 minute.



“Think power. SandBell slams work your entire body – the more vigorously you throw it, the more benefits you’ll get.”



A↑ B↗

3) FOUR SQUARE

Works shoulders, biceps, abs, butt, quads, hamstrings

Stand with feet hip-width apart and hold SandBell with both hands, arms down. Raise it overhead [A] and forcefully slam it to your left. Jump laterally to squat and pick it up [B]. Stand, then slam SandBell in front of you. Jump forward; squat to pick it up. Stand, then throw SandBell to your right. Jump laterally; squat to pick it up. Then slam SandBell behind you. Continue in a square pattern for 1 minute.



A↗ B↘

4) SIDE OUT TO SLIDE OUT

Works butt, quads, hamstrings, inner and outer thighs

Place SandBell on floor and stand behind it, feet together. Squat, extend right leg out to side and reach left hand down to touch SandBell [A]. Stay in squat as you switch sides. Continue for 30 seconds. Then, staying in the squat, place right foot on SandBell and drag it to right side, hands in prayer position [B]. Drag SandBell back. Repeat for 15 seconds. Switch sides; repeat.



A/B→

5) LOCK 'N' LOAD

Works shoulders, butt, quads

Stand with feet hip-width apart and hold the center of SandBell with left hand, arms at sides. Step right leg back into a reverse lunge to start [A]. Slowly raise SandBell overhead [B]. Return to starting position. Repeat for 30 seconds. Switch sides; repeat.



A← B↙

6) POWER PIKE

Works shoulders, chest, abs, butt, quads, hamstrings

Start in plank with feet on top of SandBell. Lift hips to drag it toward hands until body forms an inverted V [A].

Press SandBell back to starting position. Repeat for 30 seconds.

Then, remain in plank, and hop both feet to the outside of the SandBell [B], then jump both feet back on top of it. Repeat for 30 seconds.



A↓ B↘

7) DONKEY JACK SLAM

Works shoulders, abs, butt

Stand with feet hip-width apart and hold SandBell with both hands, arms down. Raise it overhead and slam it to the floor in front of you. Crouch, place hands outside of SandBell, and press into palms as you kick up heels [A]. If that's too much, even getting feet just a few inches off the floor is great. Land softly, come into a wide squat, and place palms behind head. Staying in the squat, jump feet together, then wide [B]. Squat to pick up SandBell. Repeat for 1 minute.



8) HAPPY HOUR

Works abs, butt, inner and outer thighs

Stand with feet together and hold SandBell with both hands, arms down to start. Step right leg into a right-side lunge as you bring right hand to right hip and lower SandBell with left hand toward the inside of your right foot [shown]. Return to starting position, then repeat on the opposite side. Continue alternating sides for 1 minute.



“Grab as much sand as you can with your palm, rather than hold the bag by the edge. You’ll boost grip strength, which recruits more muscle fibres, enhancing overall power and strength.”



Main image from iNGiMAge; still life photography by Jonathan Kambouris; styling by Elizabeth Osborne for Halley Resources, Inc. Portrait by Chris Fanning; hair by Casey Geren/ABTP.com; makeup by Elaine Madelon/Exclusive Artists for Dermologica

I don't lift weights, but I do yoga and barre class. Can I count that as strength training?"

When a muscle contracts to resist a force, that's strength training (though a very basic definition of it). So yes, yoga and barre workouts count. Now, I don't have my yoga cert (yet!), so I asked Michelle Lovitt, an exercise physiologist and yoga instructor for her opinion. "You can absolutely get stronger with these classes because you rely on your body or 3-pound dumb-bells as resistance. But don't confuse strength training with weight training," she warns. Heavier weight is what really helps you break down muscle tissue so it can rebuild. Why that's good: you'll increase strength and the size of a muscle, boost metabolism so you burn more calories, and improve bone density to help you avoid injury.

If you love yoga and barre, don't give them up! But dedicate one or two days a week to trying a new boot camp, or work with a personal

trainer to formulate a go-to weight-lifting routine. You'll keep your muscles guessing and your metabolism revved, which can ultimately help you see better-body results more quickly.



"How will I know when to retire my sports bra?"

For tips, I went to the smartest person in the sports bra biz, LaJean Lawson, Ph.D., who's studied sports bra science for 30 years. "Overwear a sports bra and you cripple its

spandex power, losing support in a compressive bra and diminishing comfort and fit of structured styles," she says. Her rule: replace one anywhere within six to 12 months. You'll know it's time when straps and rib bands stretch out, inch down, or ride up, and it doesn't feel snug. To maximise a bra's life span, wash it in warm water (no bleach!), air-dry it, and rotate it among workouts. Also, write the date you got a sports bra on its tag, or add a reminder to your phone calendar for six or nine months later to re-evaluate it. Brands like Champion help by letting you register a purchase; they'll send you an email six months later to remind you to check in to see if it's time to toss it.



"How I turned injury into opportunity"

Recently, I broke my ankle during an obstacle-course race. I was looking at four months of recovery: my worst nightmare. I'm a woman who needs to move. So I relied on three things to keep me fit (and sane!). If ever sidelined, they may help you too.

1 Find a non-workout way to stay in shape.

Before this, if I made a smoothie I considered that cooking. But with more free time (aka less gym time), I decided to up my kitchen skills. I was craving roasted vegetables and healthy grains, so I dabbled in veganism. Eating well energised me and helped me not pack on pounds while I was benched.

2 Go easier, don't give up.

Rather than cry about missing CrossFit, I did seated lifts with kettlebells and core exercises at home. I went kayaking. I also worked with my trainer, Sarah Koste, on my upper body. Definitely clear any activity with your doctor, but don't assume that because you're down, you're out.

3 Try again.

Am I done with obstacle-course races? No way! Yes, I broke my ankle during one. But it could have happened walking down stairs. You can't predict injury, though you can do things to try to avoid it.

Whether you fell off your bike, got plantar fasciitis from running, or destroyed your shin doing box jumps – ease back in. You'll have a whole new perspective on the activity.

Meet **SHAPE's** fitness director, **Jaclyn Emerick**, who's also a certified personal trainer, Spinning instructor, and kettlebell instructor.

Nora Tobin's Fit Tips

Three better ways to plank

When you just hover in a plank, you work muscles isometrically (meaning the contraction is static). But you can make the move dynamic by working through a bigger range of motion to tone many additional muscles (like your shoulders, arms, chest, abs, butt, legs, and more).

FOREARM PLANK HIP DIP

Start in a plank on your forearms. Keep shoulders square as you rotate hips right and down to gently touch floor. Return to starting position; repeat to the left. Continue alternating sides for 1 minute. Repeat 2 times.

REVERSE PLANK LEG LIFT

Sit with legs straight, arms extended behind you, palms on floor with fingertips pointing forward. Squeeze abs and butt to lift hips so body forms a straight line from shoulders to heels. Raise right leg [shown], then lower. Repeat with left leg. Continue alternating sides for 1 minute. Repeat 2 times.

SIDE PLANK PUSH-UP

Start in a plank on your palms. Do a push-up. Rotate into right side plank and reach left arm up. Return to starting position. Do a push-up and repeat on left side. Continue alternating sides for 1 minute. Repeat 2 times.



Nora Tobin is a SHAPE contributor based in Los Angeles and New York City.



Set your own goals

Most fitness trackers come with a preset goal of 10,000 steps per day, but depending on your job and current activity level, this could be too few or too many steps for you to realistically take. Start with 10,000, and see how many you get on a typical day. If it's 7,000, 10,000 could be a great new goal, but if it's 4,000, try 7,000 before you slowly increase your daily average. If 10,000 seems too easy, try 12,000-14,000. FYI, if

you rack 12,500 steps a day, you could even counteract the negative impact of sugar, one study found.

Your goal should change with your fitness level. With sleep, if 8 hours (the recommended amount) is unrealistic, change your goal to 7 or 7.5 hours. Making your goals more reasonable helps you get to 100 per cent of your goal each day, which is more motivating than a 70 per cent!

TIP! Wear your fitness tracker on your non-dominant wrist because it moves less.



SHAPE Tried & Tested

Blurring the line between bangle bracelets and wearable technology, the **Jawbone UP24** (RM499; zalora.com.my) makes it easier than ever to achieve your fitness goals while staying stylish. This colourful device tracks your steps, calories burned, and sleep habits, and lets you

manually input what you eat or drink and even how you're feeling that day. The bendable, water-resistant band wirelessly syncs to smartphones to provide you with real-time updates and will even give you a gentle vibration to get up and move if you've been inactive for a period of time.

Plank: photograph by Chris Fanning; hair by Casey Garen for ABTroom; makeup by Elaine Madelon using Dermologica; Sneakers photograph by Claire Benoit; styling by Shane Klein for Workgroup

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Low-fat isn't
the only diet 'do'
turned 'don't'. For
more outdated
trends go to
shape.com.my!

eat right

Big fat lies

Dietary fats have been demonised to the point where biting into a burger feels like asking for an instant heart attack. But new research shows that fat may not be the villain we once thought.

By Marnie
Soman
Schwartz

Photographs by Travis
Rathbone



Photographs by Travis Rathbone

Just a little bit helps control your appetite. Your body *needs* it to operate. We're talking about fat – the kind in a juicy steak, not beneath your skin – which research now shows is key to a healthy diet, and even a lower weight (in that consuming more won't necessarily lead to extra kilos). Counter-intuitive, we know, so, here, answers to your pressing questions with all the new thinking – and how it applies to your plate.

Good fat, bad fat, which is which?

The conventional wisdom is that plant-derived unsaturated fats are good for heart health, and **saturated fats** – which come mostly from meat and dairy – are bad. But last year, a meta-analysis in the *Annals of Internal Medicine* found no link between saturated fat and heart disease risk and even suggested a heart benefit from dairy fat. That said, **trans fats** – the chemically altered ones found in processed foods and listed as partially **hydrogenated oils** – will always be horrible for you: they increase risk of heart disease and diabetes.

Are some fats still better than others?

While saturated fats may

no longer be 'bad', experts continue to believe **unsaturated fats** are better. "Saturated fats are relatively neutral overall," in that they won't cause harm, says Dariush Mozaffarian, M.D., of the U.S.'s Tufts University, a co-author of the *Annals* analysis. "But increasing **unsaturated fats** from vegetable oils, nuts, or fish strongly improves health." In fact, another recent analysis published in *Circulation* found that upping the amount of unsaturated fats in a person's diet lowered **the risk of heart disease** – whether that unsaturated fat replaced calories from saturated fats or total carbohydrates. "Linoleic acid, an unsaturated fat found in vegetable oils, nuts, and seeds, reduces cholesterol levels and may even improve insulin sensitivity and lower diabetes risk," says Harvard University's Frank Hu, M.D., Ph.D, who led that study.



GUILT-FREE EATS
Full-fat dairy foods are more heart protective than fat-free ones. And lean beef can help lower blood pressure.

What makes you fat, then?

Most likely, it's "refined grains, sugars, and starches that are the major culprits in unhealthy diets," Mozaffarian says. As low-fat diets took hold, many foods were made with more refined carbs, which basically turn to sugar the second they hit our lips. This process spikes blood sugar and insulin levels, making fat loss more difficult. On the other hand, fat can help you eat less. "It makes your stomach send fullness signals to your brain," says SHAPE nutrition advisor Mike Roussell, Ph.D. "Starches don't do that."

So what should I eat?

Every trend has a counter-trend, and meat-heavy Paleo diets and bulletproof coffee, which calls for adding several tablespoons of butter and oil to your morning joe, seem to be **just as extreme** – and **inadvisable** – as a no-fat approach. Since fat is calorie-dense, Roussell suggests getting about a third of your daily calories from it (and aiming to get about twice as much fat from fish and plant sources as from other animal ones). Mozaffarian recommends increasing the amount of vegetable oils, fish, yogurt, and nuts you eat, and rounding those foods out with occasional eggs, butter, poultry, and red meat. And, of course, he says to leave refined grains, starches, and sugary beverages mostly off the menu.

38%

THE HIGHER YOUR RISK OF DYING FROM CARDIOVASCULAR DISEASE IF YOU GET ABOUT 20 PERCENT OF YOUR CALORIES FROM ADDED SUGAR, COMPARED TO PEOPLE WHO CONSUME ONLY 8 PER CENT OF THEIR CALORIES FROM ADDED SUGAR.

SOURCE:
JAMA Internal Medicine



Cosmo
(103.5ml)
213 calories
14g sugar

Daiquiri
(103.5ml)
167 calories
8g sugar

Bloody Mary
(177.4ml)
169 calories
4g sugar

Check out what your go-to
mixed drink is packing!
Photograph by Sang An

Cocktail time!

✕ Hangover helper

If you overdid it last night,
have a sports drink or broth-y
soup; both will replace lost
electrolytes and help
you rehydrate.

Margarita
(103.5ml)
186 calories
5.5g sugar

Martini
(103.5ml)
190 calories
2g sugar

**Vodka
cranberry**
(177.4ml)
186 calories
15g sugar

A better blend

New ingredients like beneficial oils, nutrient-dense proteins, and surprising veggies (yes, you can smoothie zucchini!) give your shake more super-power. *Nutrition Stripped* blogger McKel Hill, M.S., R.D., juices things up.

Photograph by Adam Voorhes

RED BEET & BANANA

Roasted or steamed beets
Banana
Raspberries
Frozen zucchini
Chia seeds
Cashew or almond milk

GARNISH: Bee pollen and fresh raspberries

POWER INGREDIENT: Bee pollen

It comes as a powder (also try maca, chlorella, spirulina, or baobab) and is a concentrated source of iron, magnesium, and zinc.

COCOA & COCONUT

Cooked sweet potato
Cocoa powder
Flaxseed oil
Coconut milk
Vanilla
Espresso
Frozen pear
Medjool dates

GARNISH: Shredded toasted coconut

POWER INGREDIENT: Flaxseed oil

Plant-based fats like flaxseed oil and coconut (also nut or seed butters, and chia seeds) help your body absorb the nutrients from fruits and vegetables.

BERRIES, PEAS & TEA

Frozen green peas
Spirulina
Hemp oil
Chilled green tea
Blueberries
Blackberries

GARNISH: Fresh berries

POWER INGREDIENT: Green tea

Brewed green tea adds antioxidants and flavor without extra calories. Also try chilled herbal tea or even iced coffee. Peas give your smoothie extra fibre and protein.

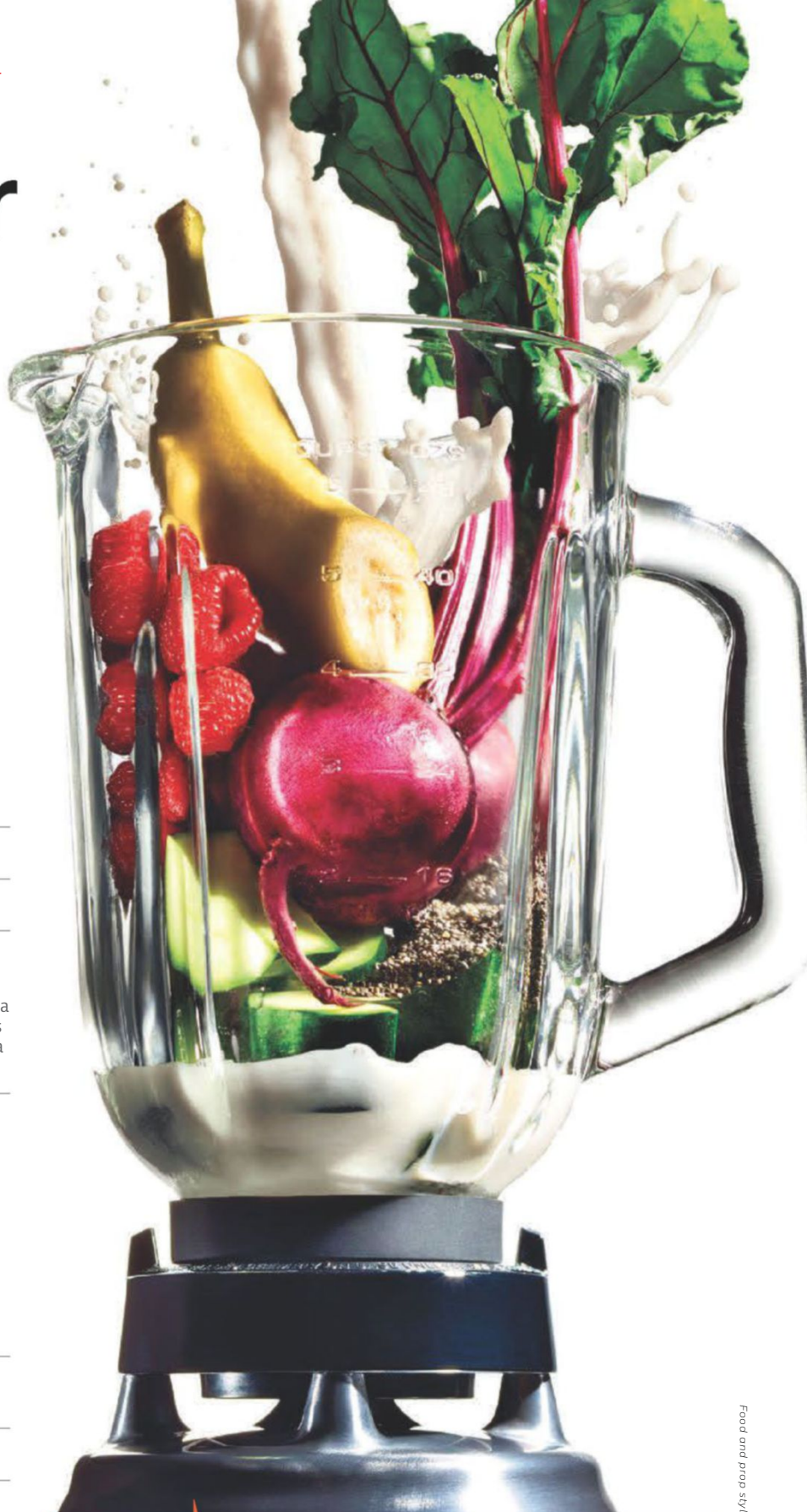
AVOCADO & GINGER

Avocado
Green apple
Kiwi
Spinach
Coconut water
Lemon and lime juice
Fresh ginger

GARNISH: Dehydrated banana or shredded coconut

POWER INGREDIENT: Citrus

The bright tartness of lemon and lime juice offsets the bitterness of greens like kale, spinach, and watercress. Plus, citrus packs an extra dose of vitamin C.



NUTRITION CHECK

For sugar control, use twice as much veggies as fruit. Give it staying power with 1 to 2 tablespoons of brown rice, pea, hempseed, or organic whey protein powder.

SHAPE recommends

Chai Bar @ Oasis Square serves made-to-order salads with an Asian twist, offering over 70 ingredients, plus 15 Western and Asian-inspired dressings to choose from. Be adventurous; go for the craziest combos! Or opt for one of Chai Bar's Fab 10 salads. We love:



SOBA-FU

Romaine with soba, jicama, edamame, mushrooms, tofu and peppers; drizzled with roasted sesame dressing; topped with roasted seaweed and spring onion.

Low-fat, high-protein and fibre-rich **edamame** also contains minerals such as manganese, which helps to metabolise fats and carbs.



SOMBRERO

Mixed lettuce with 3-bean mix, corn, tomato, onion, mixed peppers, cheddar cheese, tortilla chips and grilled beef; dressed with avocado; topped with salsa.

Cut your calorie intake without feeling famished with high-fibre and water-rich **beans**. They – particularly black ones – are also rich in antioxidants.



PORNTIP

Mixed lettuce with glass noodles, unripe papaya, onion, cherry tomato, French beans and shrimp; Thai dressing; topped with roasted peanuts and dried shrimp

Papaya contains papain, an enzyme that helps to break down tough protein fibres, thus promoting digestive health. Papain's especially concentrated in **unripe papaya**.



EVEN THE
GREEN TOPS
ARE RICH IN
CAROTENOIDS.

Your New Bronzer

GLOW FROM THE INSIDE

Carotenoids give carrots and other bright foods their colour, and can lend your skin a more healthful and more attractive skin tone, found researchers at England's Leeds University, who noted that study subjects found that tone more physically attractive than a suntan. Just three extra servings of carotenoid-rich fruit and vegetables a day, like tomatoes, spinach, and pumpkin, leads to a noticeably deeper complexion. "Eat a wide variety of fruits and vegetables," recommends study author Carmen Lefevre, Ph.D. "There are a number of different shades of carotenoid pigments, and a mixture will lead to the best skin colour."

40%



AMOUNT YOUR
HEART DISEASE
RISK DROPS IF YOU EAT
FRUIT EVERY DAY

SOURCE:
Oxford University



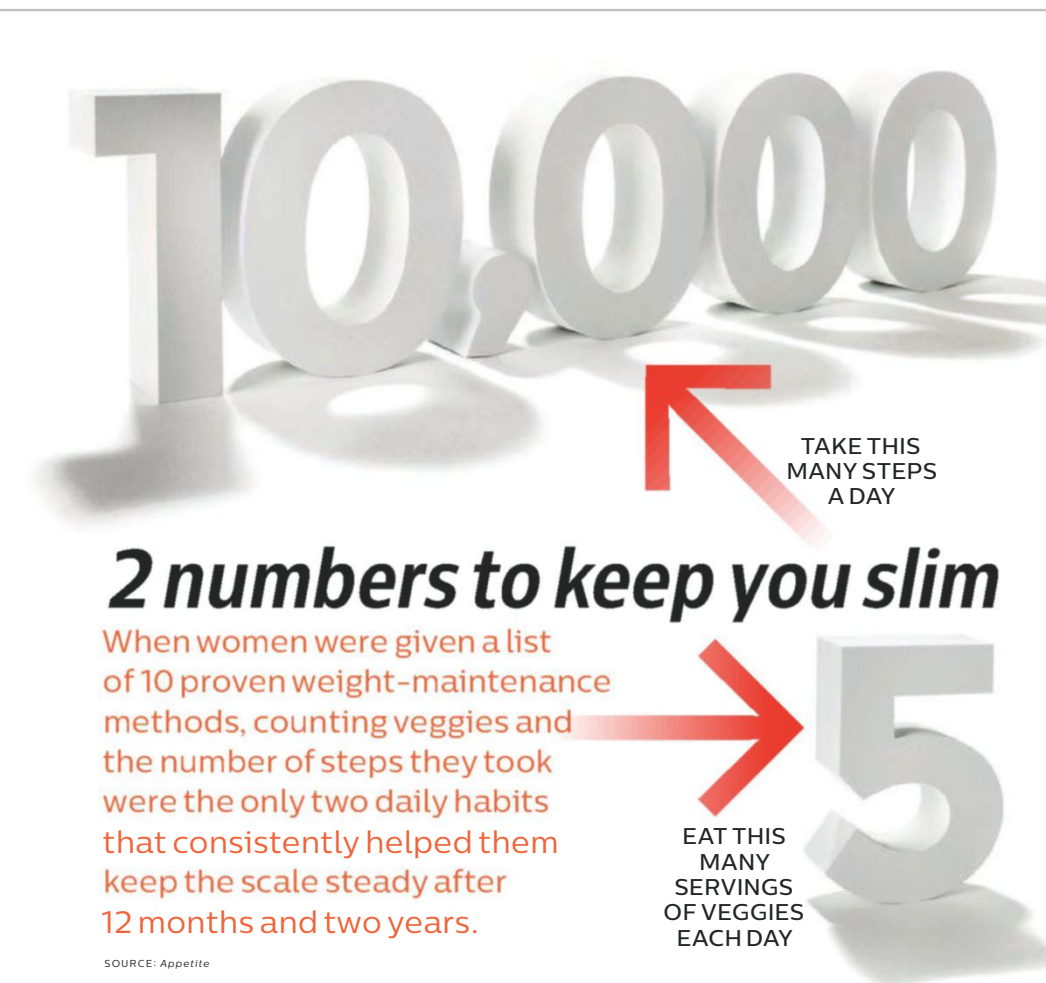
MIDNIGHT SNACKS

Feeling hungry at bedtime can also make it tough to fall asleep. A bedtime bite with a combo of protein and carbs can help you snooze.

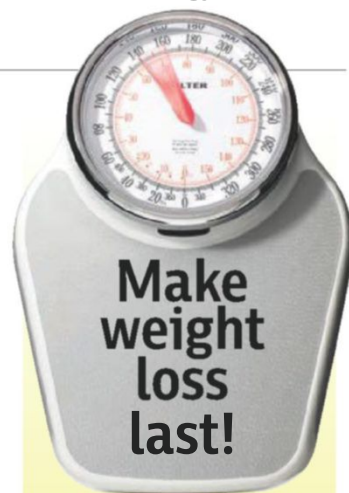
BETTER FAT BURN

You're going to like this one: eat! Letting yourself get too hungry sabotages your slim-down efforts, new research finds. Besides the fact that starving yourself will eventually lead to unbridled gorging, gnawing hunger alters the make-up of your body fat, messing with metabolism.

To explain, there are three types of body fat: active, calorie-burning brown fat; inactive white fat, which has negative hormonal effects; and beige fat, which has the potential to convert the white to brown. But beige fat only activates if you're not starving, researchers at Yale found: hunger-triggered neurons send messages to your white fat to stay white, says study author Xiaoyong Yang, Ph.D. This is your inner cavewoman kicking in: at times of famine, the body needed to hold on to whatever energy it could.



SOURCE: *Appetite*



Losing a few kilos quickly leads to as much long-term success as a slower approach, a new Australian study found. Compared to dieters who lost just under 0.5kg a week, those who trimmed about a kilo a week were more apt to reach their goal, and no more likely to regain. The speedy losers were on very structured diets, which can be easier to follow. Plus, their rapid rewards were a strong motivator for both loss and maintenance.

Main image from iStockphoto; still-life photographs by Claire Bernois; styling by Sarah Guido Lookso for Halley Resources, Inc.



Blend, flip and go!

Whip up the healthiest and tastiest smoothies with this powerful personal blender.

Not only are smoothies yummy and easy to make, they're also one of the fastest and freshest ways to hit your five-a-day target of fruit and veggies; just choose nutrient-packed ingredients to make the perfect on-the-go brekkie, mid-afternoon picker-upper, or guilt-free dessert!

If you're looking to include a smoothie or two to your daily diet, consider getting your own personal blender, as you can control the ingredients that go into each drink, and save some *serious* dough. An excellent personal blender? The **Panasonic MX-GM0501**. Equipped with a 260W motor and four high-performance stainless steel blades, it's designed to be quick, efficient and powerful. Blend your ingredients to perfection in either one of the **two BPA-free tumblers** (you don't need to worry about hazardous chemicals seeping into your drink), then flip it and hit the road. It doesn't get any easier than this to slim down, shape up and boost your health!

To get you started on healthy living, the Panasonic Personal Blender comes with 14 smoothie recipes.

Slim Trim Smoothie

Serves: 1

- > ½ cup mango
- > 1 cup almond milk
- > 2 tsp wheatgerm powder
- > 2 tbs instant oats

1. Peel mango and discard seed. Cut mango flesh into small cubes.
2. Toss ingredients into the blender, and whizz until you have a smooth consistency.

GET MORE KICK! Add chia seeds to your smoothie to amp up its nutritional value. The mighty seeds are a rich source of Omega-3 and Omega-6 fatty acids, calcium, iron, magnesium, vitamin C, and potassium – and according to the U.S.'s Academy of Nutrition & Dietetics, they have twice as much fibre as flaxseeds.



Panasonic Personal Blender
Model: MX-GM0501
Price: RM139

live healthy



Chase down any goal with
the mental motivators at
shape.com.my

The power of self-talk

How you speak to yourself impacts your workout, strength, confidence, happiness – even your ability to shed pounds, the latest research reveals. You just have to do it right.

By Mirel Ketchiff

SELF-TALK MAKES IT EASIER TO GET OFF THE COUCH AND OFF TO THE GYM.



The perks of positive self-talk aren't just in your head, says Gabriele Oettingen, Ph.D., a New York University psychologist who's spent 20 years studying self-talk science, and author of *Rethinking Positive Thinking*. When done correctly, it can impact the sympathetic nervous system to temporarily lift blood pressure, a sign of increased energy and motivation. But "just thinking positively to achieve goals is much less effective than we'd expect," Oettingen notes. What is helpful: tempering a rah-rah attitude – "You can do this!" – with mental mantras that are based in reality. The idea is to identify the pitfalls standing between you and a goal, then create upbeat scripts to cue you through how you'll overcome them, says Oettingen.

This research-backed technique helps you identify unattainable dreams early on – and gives you the internal encouragement you need to tackle surmountable obstacles before they trip you up, fast-tracking you to success. Oettingen calls the four-step process

W.O.O.P. Make a Wish

First, think of a desire you would like to fulfill. It can be big or something smaller such as, "I want to try out that intense new Tabata class at my

gym." To strengthen your commitment to the goal, mentally repeat it to yourself. Or use Oettingen's WOOP app (free; woopmylife.org) to record it.

Imagine the Outcome

Next, consider how you'll benefit from achieving the goal. Think details, both short-term and long-term. So you might tell yourself, "After completing the class, I'll feel accomplished, energised, happier, and I'll even be on the road to dropping some pounds."

Anticipate Obstacles

Now that your wish is solidified, articulate the most critical roadblocks standing in the way of your success. For example: "I'm probably going to feel really exhausted partway through the class and be tempted to give up." Admitting this to yourself up front means you won't feel as discouraged if and when you do hit the hurdle later on.

Hatch a Plan

Finally, map your attack using "If [obstacle], then I will [plan]" sentences. For instance, tell yourself, "If I feel so pooped that I want to quit, then I will take a 30-second water break and remind myself the class is only 45 minutes long." Visualise yourself carrying out this plan. That way when the roadblock does arise, you'll automatically react with the scripted solution without even thinking.

3 LITTLE TALKING TRICKS

Use your name instead of "I"

Saying "You've got this, Jackie!" instead of "I can do it!" offers a more objective view of stressors, so you can problem-solve rather than ruminate, finds University of Michigan research.

Say "don't," not "can't"

Sixty-four percent of dieters who told themselves they "don't" indulge in a certain temptation (like dessert) successfully resisted it, versus 39 per cent of those who said they "can't," a study in the *Journal of Consumer Research* found. "Don't" is more empowering.

Ask "Will you?"

In moments of intense insecurity, recast the "If... then..." plan as "If X happens, will you Y?" Your instinct is to answer yes, which turbocharges motivation, reports a study in *Psychological Science*.



The best things you can do for your heart!

Top cardiologist Giovanni Campanile, M.D., explains how a little gratitude and heart-healthy foods can stave off cardiovascular disease — plus chronic pain, cancer, and more.

Main image from iNGIMAGE; food photos by Maren Caruso

There are many reasons to feel thankful; first and foremost, we should be grateful for simply being alive (one chance in many billions!). We should also be grateful for our family, friends, and the beautiful environment that surrounds us. But perhaps the most compelling motive of all: thankfulness can dramatically improve your spiritual and physical health, and it may even keep you from having a heart attack.

Many women believe they're living a healthful lifestyle because they exercise regularly and make balanced food choices. But the absence or scarcity of gratitude – as well as other positive emotions, like forgiveness and love (a powerful combination I call GFL) – interferes with your ability to experience life at its best.

Anger, resentment, and sadness elicit the production of stress hormones, which are known to harm the cardiovascular system, and stimulate the release of pro-inflammatory chemicals called cytokines. Widespread inflammation is the basis for the development of heart disease, as well as chronic pain and fatigue, cancers, and depression.

In fact, when Johns Hopkins School of Medicine researchers in the U.S. tracked 1,055 medical students for 36 years, they found that those who were frequently angry experienced a sixfold increase in heart attacks. Anger can also increase the incidence of strokes and lung disease.

GFL, on the other hand, increases the production of beneficial chemicals, like serotonin, that result in a sense of well-being and can ease inflammation, allowing for a stronger, healthier heart. Additionally, there's scientific evidence that thankfulness can improve blood flow to the heart – which is crucial for its long-term wellness – and positively affect a portion of your DNA, the telomeres, that helps you live longer. Telomere dysfunction has also been linked to hypertension and heart failure.

Of course, no one is immune to negative feelings or thoughts. But what you do when they crop up is up to you. Often, we don't choose to let go of them because we're afraid we'll be left vulnerable and undefended. Choosing GFL in place of defeatist thinking will reward you with happiness and improved physical health.

Don't worry if appreciating the goodness of life doesn't come naturally to you: the more you try to be grateful, the easier it becomes. Start by trying to see the positive in seemingly negative events, and keep track (in writing or mentally) of these uplifting feelings. Act appreciatively, announce to others that you are thankful, journal your grateful thoughts, and when you go through difficult ordeals, be glad for the wisdom that experience gives you. Start living GFL every day and you will be rewarded with a healthier heart and body – and a happier, more fulfilled mind.

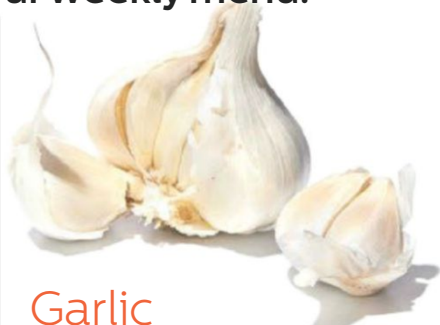
“GFL (gratitude, forgiveness and love) increases the production of beneficial chemicals, like serotonin, that result in a sense of well-being and can ease inflammation, allowing for a stronger, healthier heart.”

And add these to your weekly menu:



Cocoa

Powder from the cocoa bean is a very good source of antioxidants and flavonoids, including something called epicatechin, which has huge heart-health benefits. One study found that eating dark chocolate (usually at least 70 per cent cocoa) significantly reduces blood pressure, while other studies have shown it can protect against heart disease – as well as cancer and diabetes. Aim to eat one or two small squares a day.



Garlic

This aromatic helps control high blood pressure, reduce high cholesterol, and prevent heart attacks and strokes, according to research from the *Journal of Nutrition*. Garlic works by encouraging the body to produce hydrogen sulfide, a compound that improves the function of blood vessels. Since heat can negate benefits, try eating up to four cloves of raw garlic raw a day (like in pesto).



Tomatoes

Lycopene, the antioxidant that gives tomatoes their colour, is a vasodilator, enlarging blood vessels and possibly warding off blood clots, found research from the University of Cambridge. Tomatoes have also been shown to reduce cholesterol and blood pressure, and prevent strokes, diabetes, and cancer. The effects of lycopene seem to be strongest when the tomatoes are cooked and eaten with olive oil.



Wakame

This subtly sweet seaweed, available at most health-food stores and Japanese specialty stores, increases the absorption of potassium, which helps flush excess sodium out of the body. It works much the same way blood-pressure drugs do, and it's also a top vegetarian source of heart-smart Omega-3s. Enjoy about a tablespoon of wakame three times a week, sprinkled into soups or onto salads.

Giovanni Campanile, M.D., is a Harvard-trained cardiologist, clinical assistant professor of medicine at Rutgers Medical School, and director of integrative cardiology, nutrition, and cardiac rehabilitation for Morristown Medical Center in New Jersey. He's also owner of Pazzi Pasta (pazzipasta.com), an organic, ancient-grain eatery in Brooklyn, New York.



Role model

If even a health specialist like Dr. Kavitha Mahadevan thrives on exercise, you know it's got to be good for you too! By Kim Boey, CSCS- and ACE-certified instructor, fitness educator at FIT Malaysia, and Chief Program Leader for Fitness FX

You're not just an exercise enthusiast, but a doctor and fitness specialist too.

"Yes! I'm a 33-year-old wife, mum – my son, whom I call my 'happy feet' is 17 months old – and also a practising doctor in Kuala Lumpur who's currently pursuing a master's degree in Sports Medicine. I also have certifications in personal training, in addition to being an Advanced Health and Fitness Specialist (AHFS) and a Barefoot Training Specialist."

Has becoming a mum affected your fitness routine?

"I've always been active, but suffered from horrible nausea for four months after finding out I was pregnant. Once that passed and I went into the 'honeymoon' phase of my pregnancy, I felt overwhelmingly energetic and talked my supportive husband into getting a cross-trainer. I struggled again after childbirth and only got back on track with my workouts after nine months. It helps that my son doesn't like sitting still, so I have to be on my toes to keep up with him."

As a doctor, do you encourage pregnant women to exercise?

"Definitely, but some are still doubtful and concerned about having a miscarriage. It's a personal decision and I salute mums who embark on a fit pregnancy, as excessive weight gain from one pregnancy to the next contributes to obesity. In fact, more medical professionals should encourage women of all ages, whether they're pregnant or not, to work out."

What aspects of motherhood drive you nuts?

"I'm so good at procrastinating but I hope to change that. People have also made comments about how I spend time exercising instead of being with my son; I wish they'll kindly respect my decision to not be sedentary and unhealthy. It's so irritating too when someone comes up to me and tells me that my child is skinny!"

So what keeps you going when things get cray-cray?

"Seeing the glow in my parents' eyes the moment they spot me driving into their porch – they're so happy whenever their grandson visits. Getting compliments from my husband about my post-pregnancy weight loss is very motivating too, of course. Lastly, it's that amazing feeling I get after a great workout; that tops it all!"

Photography by Patrick Chan; coordination by Adelina Tan; hair and makeup by Catherine Hui; model's own dress; workout top, pants and shoes from Reebok

Blast into shape

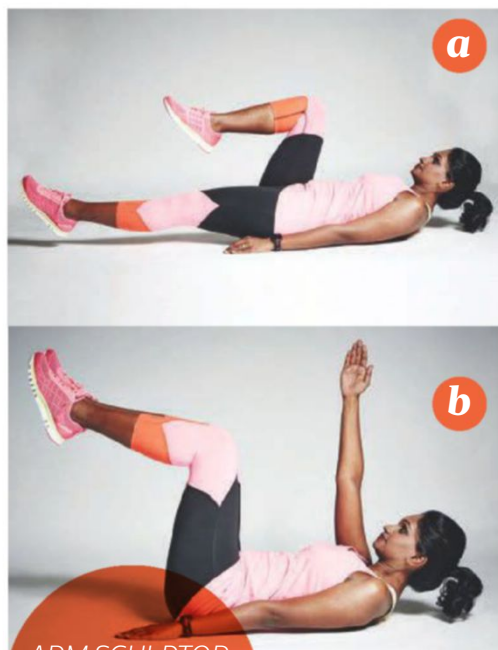
These super-toning moves are intense – but oh-so-fun too!

Blast fx is a dynamic bodyweight-only conditioning programme, so there's no risk of the kids hitting themselves with your dumb-bells or tripping over the fitball. You just need some space for a total-body workout that includes agility, balance, core, HIIT (high intensity interval training) and PHA (peripheral heart action) moves.

▼ Alternating hand & leg reach

Builds core strength and coordination

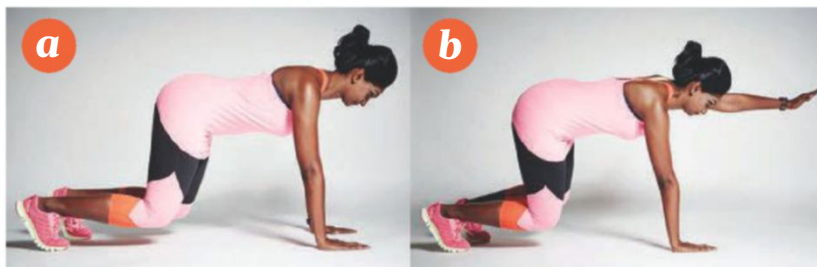
From a supine position, lift your knees so they're at a 90-degree angle. Slowly extend one leg away from your body, and then back again to starting position [A]. For an added challenge, raise your left hand above your head [B], then lower it at the same time as you're extending your right leg. Raise it up again when bringing your right knee back to a 90-degree angle. Repeat 8 to 10 times before switching sides.



ARM SCULPTOR

Using a hand weight while doing this move makes it more challenging.

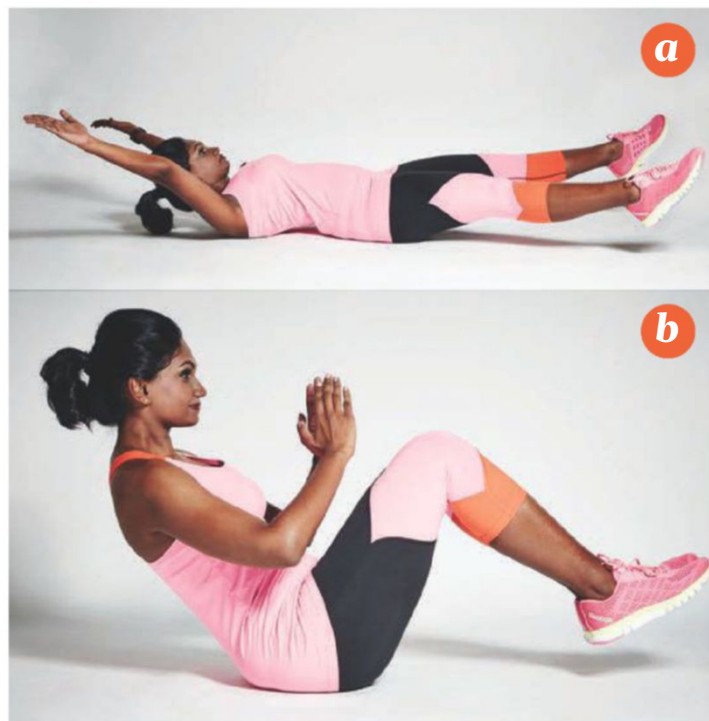
Visit fitness-fx.com and fit.com.my if you're interested in becoming a Blast fx coach.



▲ Beast hold

Builds core strength, stability and balance

Start on your hands and knees in tabletop position, making sure your abs are engaged, hands are directly underneath shoulders, and elbows aren't locked. Your head and spine should be aligned. Then slowly raise your knees about 3cm off the ground [A]. Lift your hand and extend it forward, if you can [B]. Switch sides; do as many as possible in good form.



▲ The starfish

Builds core strength

Start in a supine position, extending both hands and feet above the ground [A]. Without arching your back, keep your abs engaged while you bring hands and feet in closer towards your body, performing a tight crunch [B]. This is an intense move, so repeat for as many times as possible while maintaining good form; high reps isn't the aim here.

BE 100% SURE



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Enriched with cucumber extract to give you longer lasting freshness



Your body on a juice cleanse

The fascinating science behind everything from your headaches and hunger to that second-day euphoria and a surprising bedroom benefit on the third day! *By Paige Fowler*

With everyone from celebrities to your cube-mate joining the cleansing craze, you've likely done at least one juice detox – and experienced the rollercoaster of highs and lows physically and mentally. Luckily, hunger aside, none of the side effects of a short cleanse is dangerous.

"A three-day juice cleanse is not a harmful thing," says Robynne Chutkan, M.D., an integrative gastroenterologist and author of *Gutbliss: Feel Light, Tight, And Bright The*

Healthy Way. "It's not going to dramatically change your health."

Still, knowing what's going on to cause your headaches, euphoria, and soaring libido can help you be better prepared to face your next cleanse, or may convince you it's not worth it since Chutkan says detoxes won't make you lose a tonne of weight. Check out this day-by-day snapshot of what you can expect to encounter, and decide for yourself.

DAY 1

Right off the bat, you may notice you're thinking about what you could be eating, should be eating, and want to be eating, so cravings can occur right away," Chutkan says. Blame habit – meals are ingrained in your daily life – and the lack of chewing for throwing you a loop. Luckily these distracting thoughts and craving usually subside as you complete the day and see you can make it without solids, Chutkan adds.

It takes 24 to 72 hours for food to travel through your G.I. tract, so expect to have a normal bowel movement on day one since it's the byproduct of what you ate the day or so before.

And if you are a low-carb eater, you could experience hypoglycemia while juicing since your body isn't used to all the sugar. "Each juice floods your system with simple sugars, which requires your body to produce more insulin more quickly," says Jo Ann Carson, Ph.D., R.D., L.D., professor and programme director of the department of clinical nutrition at the University of Texas Southwestern Medical Center. "If your body sends out more insulin than is needed, your blood sugar could drop too low, and you may be faint or light-headed.

Low-carb or not, by the end of the day, your energy may be low. Each day on a cleanse provides approximately 900 to 1,000 calories compared to the 1,500 to 2,000 calories you're probably eating most days. "When you're restricting calories, your brain isn't getting as much glucose, which is its main energy source, so you may feel sluggish and grouchy," Carson says. If you typically exercise later in the day, choose a lower-intensity activity such as yoga, walking or swimming, and go to bed early.

DAY 2

Welcome to the honeymoon day. "If you've ever heard people describe cleansing as a spiritual experience, this is the day that gives them that feeling," Chutkan says. "You wake up feeling lighter since your digestive tract isn't as full as when you're eating solid foods." You could also have more energy. "Digestion is a very active process and takes lots of resources from the body such as blood flow and energy to break down food," Chutkan explains. "Even though you're taking in fewer calories,



CLEANSING IS
A 'SPIRITUAL
'EXPERIENCE

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your body isn't doing this work, so that energy available to be used elsewhere."

Another component to the juicing 'high' could simply be an undiagnosed food allergy, as during a cleanse, you're eliminating nearly every major food group other than fruits and veggies. "Allergies to soy, corn, eggs, nuts, wheat, dairy, and artificial sweeteners are so common in the U.S.," Chutkan says. Take these things out, and you may feel less bloated and puffy, and experience fewer headaches or achiness within 48 hours if you have an allergy and don't know it, she says. If you feel dramatically better, it's worth investigating further to identify what your trigger might be. Keep in mind that if you're allergic or intolerant to gluten, it could take four to six weeks of being gluten-free before symptoms improve.

On the other hand, if you're a caffeine drinker (one or two cups daily), withdrawal may rear its ugly head since

you have to cut out coffee, tea, soda, and chocolate during a cleanse. Caffeine is a stimulant to the central nervous system, and regular consumption causes some degree of dependence on it. "Without caffeine, blood vessels in the brain can dilate, causing headaches," Chutkan says. You may also experience central nervous system depression, which is like the opposite of stimulation and comes with a hefty dose of drowsiness and fatigue. Heavy coffee drinkers – four or more 237ml cups per day – may notice signs as early as the first day.

Be prepared for a few extra trips to the bathroom on day two. Without fibre or protein to slow absorption, the sugar in each juice draws fluid into your digestive tract, resulting in softer more frequent bowel movements, Carson says. This literally gives your body a 'cleansing' feeling. Your bottles of juice aren't enough to replace these lost fluids, so be sure to chug plenty of water throughout



the day to prevent dehydration.

At night, you may find yourself counting sheep (or steak!) while you sleep. “If you feel hungry, it can be really difficult to sleep because your body is trying to tell you that you should eat,” Carson says. “Plus the combination of a low-calorie diet and the lack of solid foods may confuse your G.I. tract, so you could wake up at night needing to have a bowel movement.”

DAY 3

“On the third day, you’re coming down from the high of day two,” Chutkan says. Some people experience stronger cravings because the end is in sight, and they find themselves planning exactly what they’re going to eat the next day.”

Despite what you may have heard, your metabolism is unlikely to stall in just three days since you’re still taking in calories,

carbohydrates, and vitamins and minerals. “It’s really the digestive system that slows, simply because there’s less to digest,” Chutkan says. However, it’s a temporary change that will return to normal once you start eating normally again.

“As much as people like to think they’re getting so many nutrients on a juice cleanse, even with a daily nut milk, you’re missing out on macronutrients like protein and fat that your cells need to function,” Chutkan says. Doing a cleanse for more than three days could make you feel the effects of omitting these nutrients and possibly lead to loss of muscle, decreased brain function (since brain needs fat to operate), and disruptions in neurotransmitters and hormones, which rely on protein and control multiple crucial body functions from menstruation to your mood.

One surprising perk you may enjoy by the end: increased libido. “Patients are often surprised when I ask them in a consultation how things are in the bedroom,” Chutkan says. “Many people don’t realise that the rectum and sigmoid colon are located directly behind the pelvis.” When you’re bloated, you don’t want to have sex because gas could slip through or the pressure during sex feels uncomfortable. By day three of juicing however, bloating should be way down and your digestive system is pretty empty – especially if you experienced the Drano effect the day before. “You may have an increase in confidence and feel better about yourself and your body because you’ve accomplished the difficult feat, which works wonders for your libido,” Chutkan says.

With pizza still off the menu for the next 12 hours, a roll in the hay sounds like the perfect way to celebrate the conclusion of your cleanse.

SHAPE tried & tested

“Upbeat Health Bar’s **1-Day Upbeat Cleanse** (RM120 for six bottles, plus a herbal tea bag) is great for busy bees like me, as I can’t commit to a longer detox programme; I mean, can you imagine having to haul all the bottles from one meeting to another? I chose to do it on a day where I knew I’d be deskbound – wise decision, because I got pretty knackered by 2pm! You see, I really wanted to get the most out of the cleanse, so I had nothing *but* the juice and water. I’ll be honest; at times, I really had to force the drinks down my throat! Its Vanilla Almond was delish though; the sweet ending to what seemed like a very long day. Would I do it again? Looking at the benefits post-cleanse – regular bowel movement, great skin, more energy – yes, I would gladly. Perhaps, I’ll challenge myself to Upbeat Health Bar’s 5-day cleanse!” – Zara, Deputy Editor



What really happens during an orgasm

You know sex feels good, but do you know why? By Mirel Ketchiff



Despite plenty of research into the topic, the female orgasm is still something of a mystery. Do vaginal orgasms really exist? What about the G-spot? The most recent rulings: nope and nope, according to a report in *Clinical Anatomy*. But science has uncovered some facts about what exactly is happening in your brain as you get closer to, and finally achieve, a big O. Here's how it all goes down.

During foreplay

As things begin to heat up, the nerves in and around your clitoris and pelvic area (including the pudental, pelvic, hypogastric, and vagus nerves) send pleasure signals to your brain to 'tell' it that you're being touched and that it feels good, says sex therapist Sabitha Pillai-Friedman, Ph.D., an assistant professor in the human sexuality program at Widener University, Pennsylvania, the U.S.

During this time, activity in the areas of the brain – the amygdala and hippocampus – that control things like anxiety and fear decreases, which helps block out the worries and distractions that might keep you from orgasm, according to research from the University of Groningen in the Netherlands.

During climax

When you reach the point of no return, parts of your brain go into overdrive – and others shut down completely. Activity in a region of the brain known as the lateral orbitofrontal cortex, for example, which governs behavioural control, dramatically decreases, according to the Dutch researchers. That may

explain why you can feel overwhelmed or out of control during the moment of climax.

Within a minute of climax, the hypothalamus, which controls basic biological functions like body temperature, hunger, and sleep, releases oxytocin, says Pillai-Friedman. This 'cuddle hormone' helps you bond to others and is responsible for the pleasurable uterine contractions you experience during climax.

It also increases blood flow to organs throughout your body, and reduces inflammation – which may help explain the health benefits enjoyed by women who frequently orgasm, like a lower risk of heart disease and cancer, says Pillai-Friedman. In addition to oxytocin, the brain releases DHEA and other mood-boosting endorphins.

After orgasm

The flood of neurohormones and endorphins can persist for up to five minutes, says Pillai-Friedman. But levels of prolactin – the protein responsible for the sleepy, lazy, contented 'afterglow' you have post-romp – peak after orgasm, and can remain elevated for an hour or more after sex, according to German research.

Another fun fact: oxytocin and prolactin increases are thought to be responsible for the male 'refractory period', or period after orgasm during which it's impossible for them to climax again. Women generally don't have a refractory period, which is why you can have multiple orgasms. Rest up if you need to – then start from the top!

Body & soles

When your feet hurt, you're apt to ignore it, figuring it's the price you pay for tough workouts and stylish (but not always comfy) shoes. That's a mistake, since "foot problems trigger pain elsewhere in your body," says Judith Baumhauer, M.D., professor of orthopedics at the U.S.'s University of Rochester. So that naggy backache? It's probably not your office chair. Look down for the causes of these common issues.

By Esther Crain

Mystery back and neck pain

The source of your eternal stiffness up top likely comes from below. Certain shoes – especially high heels – may alter your posture and make you over-arch your lumbar region, leading to strain in your back and neck, explains Alan Bass, a podiatrist at Central Jersey Foot & Ankle Care, New Jersey. Of

course, the quick fix is to limit wearing sky-high footwear – but even many podiatrists know that's a laughably tall order. Instead, equip your heels with soft, fitted insoles to take pressure off the balls of your feet, which bear the brunt of your weight, and try your best to refrain from walking in the shoes for more than 15 minutes at a time.

TOE-TO-
HEAD
TENSION
RELIEF



Photographs by Patrick Rondak

Perpetually strained hamstrings

Just as heels can hurt your feet, so too can barely-there footwear. Wearing flimsy flats, flip-flops, or lightweight running shoes can cause inflammation in the plantar fascia, the tough band of muscle along the bottom of your foot. The first symptom of plantar fasciitis is a painful, crackly stiffness in your heel in the morning that gets better within an hour or two, as the band warms up, says Australian podiatrist Phil Vasyli. Without treatment, though, the tightness will creep up into your calf muscles and hamstrings, found research in the journal *Foot & Ankle International*.

To treat and prevent the pain, quickly stretch the muscle by flexing your feet 10 to 15 times before stepping out of bed and massaging it with a tennis or golf ball twice daily. Strengthen the band with quick daily exercises, such as scattering marbles on the floor and picking them up with your toes, advises Jordan Metzl, M.D., sports medicine physician at the Hospital for Special Surgery in New York City. And wear supportive slippers at home, especially right when you get out of bed each morning.

Spotchy skin

Cracking, split heels can allow harmful organisms

into your skin, explains Bass. This may increase your risk of fungal and bacterial infections like cellulitis, a staph infection that causes skin swelling, tenderness, and redness (usually on the lower body, though spots can appear anywhere), and requires treatment with antibiotics. To safeguard your heels against dryness, slather on vitamin E-enriched lotion nightly.

Tight, knotty calves

Your sleeping

Flexing your feet before stepping out of bed in the a.m. can save your hamstrings later.

position may be to blame, says Trevor Prior, a podiatric surgeon based in England: "Lying on the stomach forces you to point your toes, which makes calf muscles ball up. That may change your stride, also causing sore knees and hips." A simple calf stretch

every morning (and after wearing heels) can help ease the tightness, he says. Sitting in a chair, grasp a bath towel in each hand and loop it around your foot, then pull the ends toward you, flexing and stretching your foot. Repeat on both sides.



Soaking your feet in salt water can temporarily reduce joint inflammation, alleviating aches, finds Manchester University research.



**Your
Beauty
Guide**

Look great

Master your makeup routine

It seems like every day, there's a new beauty or skincare product on the market. But, while you'd love to try them all, where do they fit into your current regimen? If you get a new serum, does it replace your current moisturiser? Should you be using concealer as well as foundation? "There are so many products available, it can be overwhelming," says Benjamin Ruiz, Global Makeup Artist for Laura Mercier. But applying the correct products in the correct way can go a long way in helping you look your absolute best. So we had Ruiz share his step-by-step method to taking the madness out of putting on your makeup.

By Cari Wira Dineen

MOISTURISER

Either get one with SPF, or buy a separate sun cream. An eye gel is also worthwhile, since it's made specifically for the delicate eye area; just apply it before you put on your moisturiser.

Put it on right Don't dip your dirty finger into your cream; for hygiene purposes, use a clean cotton swab to scoop out a 50 cent-sized amount. Warm it up in your hands, press it into face, and then massage it in for 30 seconds. Don't forget your neck and the tips of your earlobes – earrings make them dry.

PRIMER

A primer really sets you up for makeup success. "It creates a beautiful canvas and gives longevity for your foundation," says Ruiz. "Even if you don't use foundation, it will soften the appearance of your skin and help the concealer to stay put." Feel like you've got too much on your face already? Opt for a BB, CC or EE cream, instead of using a primer *and* a foundation.

Put it on right Warm up a 20 cent-sized amount and then massage it into your face. Cover entire face with it, and bring it down the neck to soften the appearance of your skin.

FOUNDATION

If you want a lighter coverage, try a tinted moisturiser instead of a full-coverage foundation. "Every woman should have two foundations in her beauty arsenal: her every day, go-to foundation and something a bit heavier for special events to optimise 'photo op' moments," says Ruiz. Match your foundation to your neck or jaw line so that you don't end up with a

lighter head and darker body or vice versa.

Put it on right Don't do the 'dot-dot-dot and blend' says Ruiz, because "by the time you get to the last dot, it's a little dry and difficult to blend." Instead, squirt some onto your hand, warm it up and then blend it in using your fingers or a sponge. Then, using the dry side of the sponge, buff it into your face.

CONCEALER

Some women skip foundation and go straight to concealer. Other women don't bother with concealer if they use foundation. No matter what you used before, concealer covers broken capillaries, dark circles and blemishes. Here's a pro tip: **you don't have** to conceal your entire eye area, says Ruiz. "Maybe you just have darkness in the inner eye, so target your concealer instead of spreading it all over," he says. "Less is always more."

Put it on right Get two

shades of concealer – a lighter one and a darker one – and blend them together on the back of your hand with a brush to get a custom camouflage color. Test the shade on your chin first. When you're satisfied with the shade, gently brush a bit of concealer onto the area where you need it, and then press it in with your finger. Continue until the area is covered.

FACE POWDER

Face powder sets your foundation, prevents your skin from getting too oily or shiny, and helps to minimise any small imperfections.

Put it on right Ruiz prefers using a puff over a powder brush. He folds it like a taco, taps off excess, and presses and rolls it into the skin. "This way, you set your foundation without leaving any residue behind," says Ruiz. If you prefer to use cream blush, apply it before you put on powder. Otherwise, you risk the blush "pilling up."



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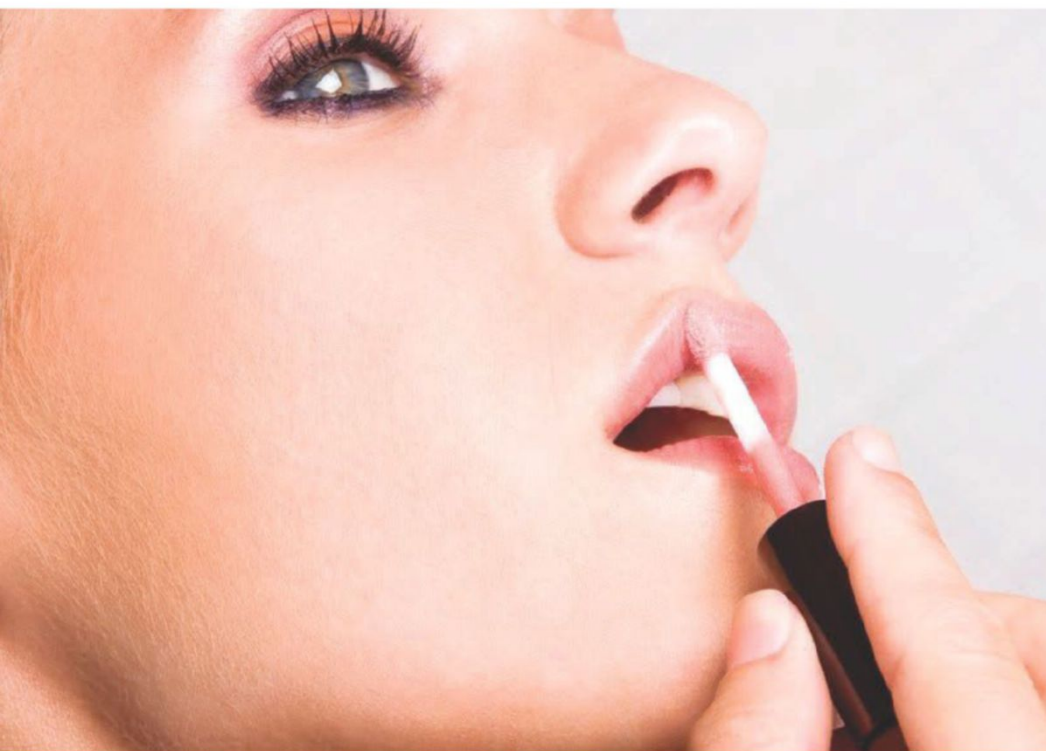
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EYE SHADOW

For all-day staying power, blend a bit of eye shadow primer onto your lid. For even longer staying power, opt for a cream shadow over a powder. When choosing colours, remember that dark shades recede (best for the crease) and light shades make things come forward (best for the lid and orbital bone).

Put it on right Blend a cream formula in with your finger, making sure that the colour diffuses as you get to the outer edges of your eyes. If you're using a powder, be sure to use a brush and not the applicator sponge. Start in the centre of the lid and brush the colour out to the left, and then to the right. "You want the colour to be concentrated in the centre and then blend it out," says Ruiz. Then start blending a lighter shade up.

EYELINER

"Liner can increase the

volume of your lashes by tenfold," says Ruiz, who prefers cake liner or kohl pencils. Avoid the cat-eye look and other high-graphic looks for everyday.

Put it on right Line your upper lash line by aiming for the roots of your lashes. Apply and then smudge it with a brush to blur the line. Whatever you do, don't line the waterline (the inside of your eye); it can cause an eye infection.

MASCARA

Curl your lashes first and do it in three stages: the base first, then the mid-section of the lash. Finish off by getting the little baby lashes on the outside. "These tiny lashes are the unsung heroes and can really make your eyes pop," says Ruiz. Change out your mascara every three months so that it's fresh and doesn't leave your lashes dry-looking and clumpy.

Put it on right Go for one or two coats. Start at the base

of your lashes and wiggle the wand a bit as you pull it up and out through the lashes. Use a light circular motion on baby lashes. Then, wipe off the wand and barely touch the bottom lashes.

BLUSH

Blush makes your complexion look radiant and alive. It's not hard to put on; the secret is to not overdo it. "Go easy on applying the colour," says Ruiz. "It's simple to add more, but it's more difficult to try to dial it back once it's on."

Put it on right No matter what you see on Instagram photos of your friends, do not go old school and brush blush all the way up your cheekbone, using it as a contour device. Apply powder blush only to the apple of the cheek so it looks like a flush. If you need more colour, opt for cream cheek blush or a cheek stick, which you can even layer on top of the powder blush.

LIPSTICK

Lip colour is a great way to express yourself, so be adventurous with it. "Wear whatever colour you want: nudes, reds, plums, brights," says Ruiz. "Life is too short; it's only lipstick."

Put it on right Lining and then filling in your lips with a pencil can help your lipstick stick. "But it's a personal choice that you can certainly skip," says Ruiz. Using a brush, dab some lipstick in the middle of your bottom lip and then roll your lips together to distribute it. Then add a bit more to the outer edges. For a high-shine look, add a dab of gloss or petroleum jelly over the colour. Pucker up, buttercup; you're ready to face the day!

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Smooth operators

How to overcome three common straight-hair speed bumps. By Kelsey Castañon

Zero time

Straight hair in a hurry starts in the shower. Try a gentle combo such as **The Body Shop Rainforest Shine Shampoo and Conditioner** (RM52 each) which is free of the moisture-stripping surfactants found in traditional shampoos. Then, post-shower, cut down blow-dry time with **Panasonic Nanoe Hair Dryer EH-NA65** (RM399). Blasting strands with air, as opposed to heat, removes moisture quickly without doing damage, says Tim Rogers, creative director for Living Proof.

Humidity

In rainy, muggy environments, fighting frizz is a year-round battle. Arm yourself with a high-quality flat iron with multiple heat settings, like **BaByBlissPro Nano Titanium 1-1/4inch Titanium-Plated Straightening Iron** (RM499, lazada.com.my). This lets you adjust the temperature depending on the outdoor elements, Rogers says. "You don't always need to use the

hottest setting, which is the most damaging." Midday, you'll need a refresher: work a 20 cent-sized amount of a humidity-blocking serum into hair. **L'Oréal Elseve Smooth-Intense Serum** creates a shield around the cuticle that resists moisture without leaving a greasy feel.

Post-spin sweat

"If you're washing and straightening every day after your workout, you're subjecting your hair to a lot of damage, which leads to frizz," Rogers says. Defend and restore fried strands with heat protectants. **Kenra Platinum Blow-Dry Shampoo** injects moisture into hair so it can withstand temps up to 220°C, plus delivers humidity resistance for a full day. Rogers also suggests swapping the flat iron for...a fleece beanie. Seriously, wearing one for a few minutes immediately after blow-drying will set the style. And once a week, do a deep-conditioning mask, like **Watsons Treatment Wax Argan Oil** (RM15.90) to keep hair sleek and healthy.



focus

A close-up, low-angle shot of a person's legs and feet while running on a paved path. The person is wearing a bright yellow-green long-sleeved shirt, dark blue leggings, and pink and white running shoes. The background is a blurred outdoor setting with a wooden railing in the foreground.

***Get
marathon
ready!***



Thinking of running your first 42K? Here are five need-to-knows before you sign up.

► **You've gotta ease into it.** We've heard of those who've gone from couch to marathon in a few months, but it's just not realistic for most people. Running long distances is hard on the body, and doing too much too soon can result in injury. Before you even begin thinking of training for your first marathon, you should be able to comfortably run 5km or more, and have been doing so regularly for months.

► **Training for it is no joke.** Most plans can last three to six months, and suggest that you run three to six times a week, gradually building up your mileage week by week.

► **You may not lose weight.** With all of the running you're doing, your hunger ramps up big time, so it's easy to eat more than you're burning off. Run because you really want to, not just to drop the kilos.

► **It can get expensive.** Between having the right running apparel (once you chafe, you realise how important this is) to replacing your shoes every 500–800km to marathon entry fees (usually around RM80 or more), the costs add up!

► **It's an incredible experience.** Despite all these, you should definitely know that running your first 42K is a life-changing experience you probably won't regret. There's just nothing quite like earning that finisher's medal to make you realise that, yes, you can do anything.

So, are you now more psyched than ever to join a marathon? **Then, let the training begin!**

Alternative training

Speed work, long runs, and intervals aren't the only ways to prep for a 42K. Here are four unexpected ones to help you finish strong. **By Rachel Sturtz**

Logging 225km per week may make sense for an Olympic marathoner, but training for 42K doesn't necessarily require seven days of running, long runs, or giving up your other favourite sports. In fact, for most recreational runners, it's probably best to trade the running-only plans of yore for a schedule that mixes things up. Cut boredom and help prevent injury with one of these alternative training plans.

Run Fewer Miles

Every good runner knows she should take off at least one day a week, but some experts – including Bill Pierce, director of the Furman Institute of Running and Scientific Training (FIRST) in South Carolina, the U.S. – think that number should be closer to four. Pierce developed a program called “3 plus 2”: three runs each week with two cross-training sessions, along with some strength training and stretching. The runs include a track repeat workout (building aerobic capacity), tempo (anaerobic threshold training), and long run (to gain endurance). Cross-training workouts include non-weight bearing sports like cycling, swimming, or rowing. “The goal for these

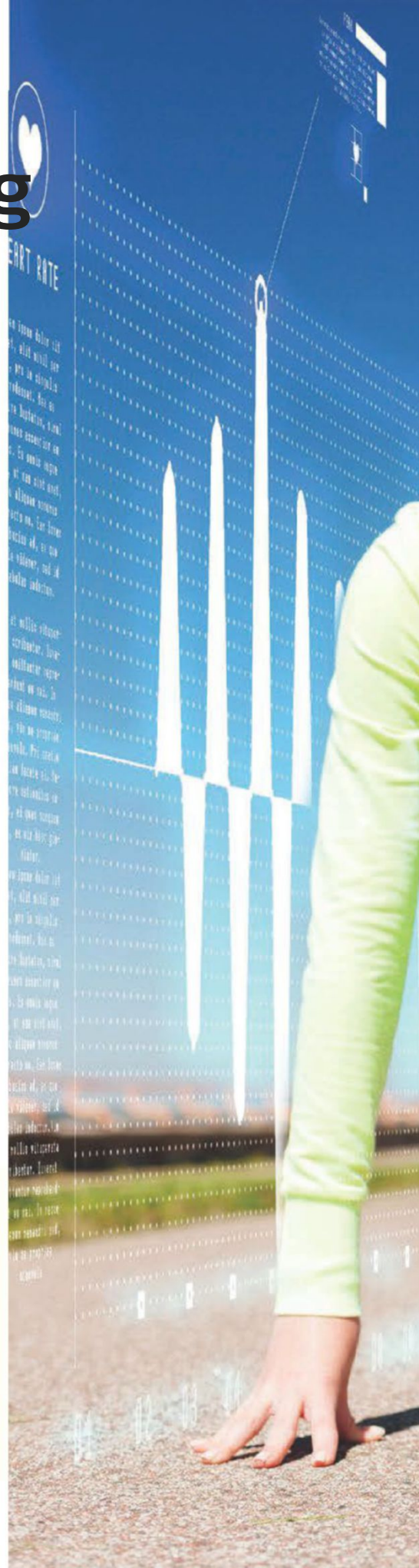
is to build aerobic fitness without impact, which can lead to Achilles tendonitis, stress fractures, knee pain, and hip pain,” Pierce says. Running muscles can recover though you're still working hard during the cross-training sessions, doing away with easy days and increasing the quality of your workouts throughout the week.

Ditch the Long Run

Long runs may not need to be that long, argue Luke Humphrey, Keith Hanson, and Kevin Hanson in their book, *Hansons Marathon Method*. Most marathon training programmes include one or two 32km runs to physiologically and psychologically prepare runners for the long haul on race day. The authors believe that topping out at 25km may do the trick as long as there are other medium-long runs planned during the week. By pairing a 25K run with a 12K run the day before, a runner's body is being trained to fight fatigue without the wear and tear associated with go-for-broke, hours-long runs. Along with speed, strength, and tempo workouts during the week, the authors have found that their runners recover faster and suffer fewer injuries.

CrossFit Your Way to the Finish Line

Over 29km into a long run, a beginner runner's form tends to deteriorate if she has weak core muscles and is overusing her calves and hamstrings to the point of cramping. Brian Mackenzie, founder of CrossFit Endurance (CFE) and author of *Power Speed Endurance*, believes that CFE's high-intensity, high-interval workouts can replace some of the traditional time and mileage associated with marathon training while building strength and injury-resistance in runners. On a CFE race training plan, the speed workouts vary between hill repeats, interval workouts, and sprints. Even the long runs are done at a faster-than-race-pace tempo, and they never top 21km. This may be one the most controversial alternative training methods, because it eschews a fair amount of mileage, a move most running coaches wouldn't back.





POWER TRAINERS



SKECHERS GOMEB SPEED 3, RM399



REEBOK ZPUMP FUSION, RM469



NIKE FLYKNIT LUNAR 3, RM599

RUN AND WALK

Most training plans come with a walking option early in your race prep, but Olympian Jeff Galloway,

author of *Run Walk Run*, designed a plan for newbie marathoners to “cross the finish line in an upright position.” Galloway has runners insert a periodic walk break from the beginning of a workout, and intersperse running and walking based on the runner’s pace. For example, a 12-minute-miler who’s been running for at least three months would run two minutes and walk one minute. A nine-minute-miler would run four minutes and walk one minute. Besides the four weekly run/walks, Galloway also encourages cross-training three days a week to improve fat-burning potential. The plan may be the perfect way to ease in and finish your first marathon without the pain or prolonged fatigue that can come with a spike in high-impact running.

A full-page background image of a woman with blonde hair tied back, wearing a bright neon green long-sleeved hoodie and white earbuds. She is holding a blue water bottle to her lips and drinking. The background is a clear, bright blue sky with a strong light source creating a lens flare effect.

Eat your way to a better race

What you put (or don't put) in your belly
can be just as important as how many kms
those sneakers rack up.

By **Jennifer Walters**

Let thirst be your guide

According to Susan Kleiner – registered dietitian and best-selling author of numerous books including *Power Eating* – nothing beats the impact of hydration on performance. She recommends drinking a sports drink with electrolytes to replace fluids.

“If you are racing just to participate and finish, then drink when you are thirsty throughout the event,” she says. “If you are racing to win or achieve your personal record, then have a structured fluid replacement plan during the race and be sure to stick with it.”



Balance your carbs and protein

Getting the proper pre- and post-workout nutrition is very important for daily recovery and fueling for the competition, Kleiner says. The two most important factors when picking meals or snacks are the protein-carbohydrate ratio and the convenience.

She recommends aiming for a total protein intake of 20 to 25g each time you eat. “That amount will move protein metabolism and recovery along more quickly,” she says. As for carbs, the larger you are, the more intense your training, and the longer the event, the more you need before and after exercise. Based on these factors, consume a 2:1 to 4:1 ratio of carbs to protein.

And if convenience is important to you, Kleiner suggests a low-glycemic protein shake pre-run and a nutrition bar or chocolate milk after a workout.

Make sure you’re getting enough vitamin D...

Healthy vitamin-D levels will do your training a world of good by supporting balanced hormone and metabolic function, Kleiner says.

“Most people don’t get much exposure to the sun either because they’re mostly indoors, or wear sunscreen,” she says. “Eat fatty fish, drink vitamin-D fortified milk, and take a 1,000 to 4,000 IU vitamin D supplement daily.”

... and Bs

The B vitamins are deeply involved in energy metabolism. In fact, the more calories we burn, the higher our need is for B vitamins, Kleiner says.

“You need to eat a wide variety of foods to obtain the whole family of B vitamins: meats, fish, poultry, eggs, dairy, whole grains, beans, vegetables, fruits, and nuts,” she says. If you don’t or can’t eat all of these foods, or enough of them daily, take a multivitamin.

Get fishy

You’ve probably heard a lot about the health benefits of Omega-3 fatty acids, and Kleiner says they are essential to support cellular, vascular, and joint health. She recommends eating at least three servings of fatty fish per week, including mackerel, sardines, catfish, crab, oysters, or shrimp. She also says to take a 1000mg supplement of DHA+EPA daily. “Nothing substitutes for these marine oils,” she says. “The Omega-3 fat (ALA) in vegetable sources are not the same and will not convert in appreciable amounts to EPA or DHA.”

BE CAUTIOUS WITH THE SUGARS

When putting in long hours running, it can be easy to justify eating that extra roll from the bread basket or ordering dessert, but Kleiner says that’s a failed strategy that can hurt your training efforts.

“High sugar intake and processed starches can increase inflammation in the body, lengthening the time that it takes to recover and limiting the beneficial effects of training,” she says.

While a treat now and again is fine, focus on lots of deeply coloured fruits and vegetables (healthy fats from avocado, nuts, seeds, extra virgin olive oil, and fish), and healthy sources of protein, she says.



FOCUS ON THE CONTROLLABLE

"The enormity of running a 42K can be overwhelming," says 78-time marathoner, coach and author of *The Mental Battle: Triathlon*, Mark Kleanthous. "The majority of marathon runners experience some form of self-doubt in the final weeks before marathon day. This is completely normal." Runners might worry about getting sick or injured, facing bad weather, being underprepared, having an off day – the list goes on.

But rather than worrying about unpredictable factors, Kleanthous suggests focusing on what you can control: sleep, nutrition, and hydration.

Test out what works for you early in training, then stick to it in the weeks leading up to race day until your routine is second nature. "You'll build up an inner confidence without even realising it," Kleanthous says.

BREAK IT UP MENTALLY

Approaching a marathon or any long run in sections – a technique known as 'chunking'

– helps mentally break up the effort of running for hours, says renowned coach and Olympian Jeff Galloway in *Marathon: You Can Do It!* Some runners think of 42K as two half marathons, while others tackle it in 10K-segments, or smaller increments between walk breaks. In training, mentally break long or intimidating runs into chunks. Staring down 10km at a time can feel less daunting than 42 in one go.

GET A MANTRA

If you're running without a mantra, it's time to find one. Most marathoners have a few phrases that get them through tough spots in training and on race day. "Positive self-talk is a powerful tool," Kleanthous says. Practice motivational speech during training runs to find phrases ("1km at a time" or "just keep pushing") that work for you. Having a few options will help get you up a steep hill, calm you when you get tense, or keep your pace pumping when fatigue sets in.

PREPARE FOR THE WORST

"Failing to mentally rehearse what to do if things go wrong is arguably one of the biggest factors in a disappointing marathon," Kleanthous explains. Form a plan A and plan B for common race-day problems, such as starting out too fast or being under-fueled, and practice shifting goals during training runs. But don't dwell on worst-case scenarios during race week; doomsday thinking can cause tension and fear. That is, unless you're imagining yourself overcoming them (see below).

Train your brain

Mental fitness is crucial to make it through a 42K. Here's how to stay headstrong when the going gets tough. **By Karla Bruning**

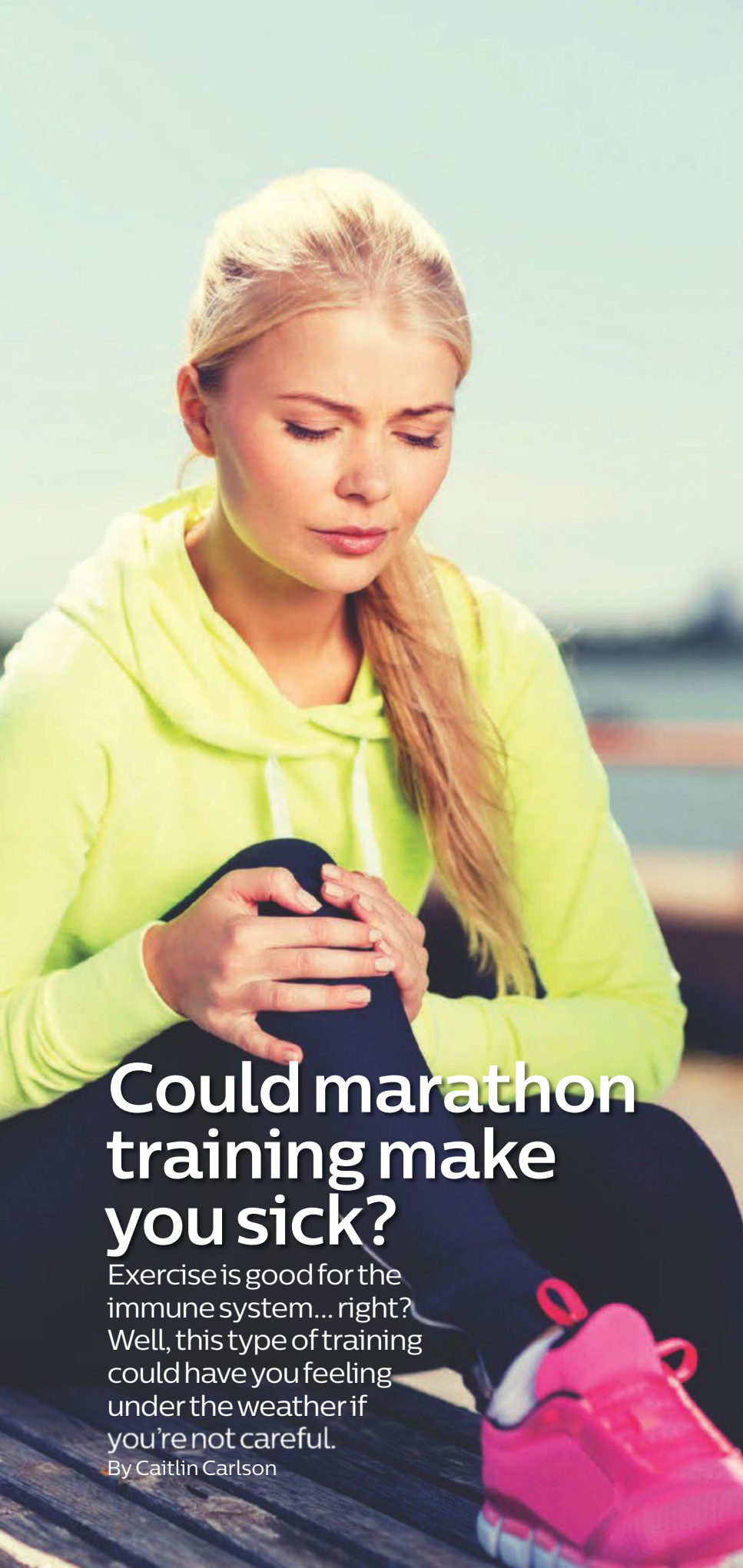
DITCH YOUR WATCH

If you're a data-driven runner, be sure to ditch your GPS watch from time to time, especially as race day approaches. Checking and double-checking your speed can lead to self-doubt, especially if you're not hitting your target paces. Instead, run without a watch based on feel. Choose a familiar route so that it's easier to gauge your effort. Similarly, if you always run with music, leave your headphones at home from time to time. "Tuning into your body is a vital ingredient to having a great marathon," Kleanthous says. "Listen to your breathing and the sound of your feet. Enjoy your own company."

VISUALISE SUCCESS

One study published in the *Journal of Applied Sport Psychology* found that college athletes who routinely imagined themselves winning in competition also demonstrated the most mental toughness. In fact, visualisation was the strongest predictor of psychological willpower.

Also good: imagine yourself in your most feared scenario (having to walk, falling and getting hurt), and then visualise overcoming it.



Could marathon training make you sick?

Exercise is good for the immune system... right? Well, this type of training could have you feeling under the weather if you're not careful.

By Caitlin Carlson

Training for a marathon? Signing up for your next endurance event? Better take extra stay-healthy measures, says new research from the U.K.'s Bangor University, which found that long-duration, moderately intense workouts (over 120 minutes) actually temporarily *weaken* your immune system. "But I thought exercise boosted my immune system?!" you may be thinking. And you'd be right: sweating it out helps you fend off sickness more easily. But it's believed that after 30 minutes, exercise increases stress hormones, such as cortisol, which suppress the immune system.

That's not to say you should cross that marathon off your bucket list and become a HIIT devotee though. "In terms of building endurance fitness, managing body weight, and improving efficiency these sessions are important," confirms study author Neil Walsh, Ph.D. Instead, take these four steps to counteract any immune-suppressing side effects.

Smarten up post-workout

Research shows that the immune system is most weak – and bugs can get a foothold – during the three to four hours following a long-duration exercise (coined 'the open window hypothesis'). "Take extra precautions during this timeframe, avoid sick people and practice good hand and food hygiene," says Walsh.

Swap long workouts out

Swap some of your longer sessions for spike sessions (i.e. shorter and high intensity), says Walsh.

Follow the 5 per cent rule

Don't increase your weekly training volume by more than five per cent per week, advises Walsh. So, if you ran 32km last week, you can run 33.6km the next.

Rest!

Make sure to take at least one rest day per week to allow your body to fully recover.

A person is shown from the chest up, wearing a grey t-shirt with a red collar, in a boxing stance. The background is a blurred gym setting. A large red overlay covers the left side of the image, where the main text is placed.

9 Moves to a KNOCK- OUT BODY

Kickboxing does a lot of very good things. First off, a fight-style workout will whip your body into phenomenal shape: new research finds it's one of the fastest ways to burn calories and get fit, winning you toned, sexy muscles and a lean figure. But equally valuable, those power punches and kick combos make you feel supremely badass, instilling the kind of confidence that sticks. Strong body, strong mind. Ready?

By Jaclyn Emerick



Photographs by Francisco Garcia



**"FIND
INSPIRATION
IN SMALL
ACCOMPLISHMENTS
LIKE AN EXTRA REP,
A BETTER KICK,
MORE POWER."**

—Libin Anderson



Hair by Noah Hutton/Judy Casey for Redken/Cutler NYC; makeup by Brian Duprey/Judy Casey for Nars

You can't argue with science: when it comes to getting fit fast, kickboxing is a champ. People who did a one-hour workout with punching and kicking combos three times per week over the course of five weeks saw *significant* gains in their fitness levels, finds a new study published in the journal *Muscles, Ligaments, and Tendons*. They improved their upper-body muscle power by 13.5 per cent, aerobic power by 13.2 per cent, anaerobic fitness by 42.4 per cent, speed and agility by 6.5 per cent, and flexibility by 14.4 per cent, versus people who did a more traditional strength-training workout, the study authors report. To translate what those stats mean for your workout: they were able to give more effort and for longer, **with better coordination and range of motion** – things that can make any exercise feel easier. Yes, kickboxing moves are intense, but they improve strength and endurance in ways that don't put a lot of stress on the hips, knees, and feet.

It may come as a surprise, but combat-style workouts also have a positive impact on your personal life and relationships.

When teenagers combined a 30-minute non-contact boxing workout (with things like shadowboxing, bag exercises, and **one-on-one pad work**) with 30 minutes of weight training three times a week for 12 weeks, they reported increased self-confidence, better performance in school, and a motivation and willingness to take part in new activities, finds current research in the *Journal of Sports Science and Medicine*. The same people also reported that the workout not only improved their fitness but led them to develop new friendships. "With boxing workouts, the initial changes to strength and skill are easy to see, and there's a real sense of pride in that," says study author Sarah P. Shultz, Ph.D., a biomechanics specialist at the School of Sport and Exercise at Massey University in Wellington, New Zealand.

Okay, so you may never step foot in a boxing ring. And, hopefully, you will never get into a fistfight or need to physically defend yourself. But that strong, sculpted boxer's physique? You can still have that thanks to this routine created by

Dasha Libin Anderson, co-owner of Anderson's Martial Arts in New York City, who has a master's degree in exercise science and sports nutrition and is the creator of Kettlebell Kickboxing (a class that combines kettlebell moves with punches and kicks). Her workout incorporates all of the components of fitness – from endurance to strength, mobility (which draws on brawn and flexibility), and reaction – in one single session. That's like combining your run, resistance training, and yoga class in one efficient half-hour.

And yes, any kind of martial arts sounds technical, but whether you're just starting your fitness journey or you're already super-fit, you can tailor this workout to your level so you always feel challenged and see results. "If you're new to exercise, resist the urge to speed through the moves, and focus on nailing your form," Libin Anderson says. "After a few weeks, you'll see your body start to adapt and make incredible gains." Likewise, if you're a sweat vet, push your pace and try to find that uncomfortable-but-not-painful zone.

You've got nine exercises. You'll do two fast-paced

body-weight moves to shoot your heart rate up and spike your calorie burn, then one move with a medicine ball to hone in on some key core muscles while your breathing recovers. Some of the moves have punches and kicks, but not all of them. "Punching and kicking is just one element of the sport," Libin Anderson explains. "And like in every sport, there are developmental drills and conditioning regimens to help you build your base and make you better at that particular activity." The medicine-ball moves (Libin Anderson calls these 'supplemental moves') function in this workout to break up the pace, develop a strong core, and train your muscles to contract more powerfully. Three, two, one, go!

YOUR PLAN

Warm up with a 5-minute jump rope (details at right). Then, do the first 3 moves for 1 minute each. Go as fast as you can with good form for the 2 body-weight moves, then slow down to really control the medicine-ball move. Then, rest for 1 minute – if you're a total newbie, Libin Anderson suggests resting for 2 minutes rather than 1. Do the next 3 moves for 1 minute each. Rest for 1

minute. Do the final 3 moves for 1 minute each. Rest for 1 minute. Do that whole thing 2 or 3 times total. This setup mimics the 3-minute rounds of professional boxers and kickboxers. Do this routine 3 times a week on alternate days. Libin Anderson recommends either running, yoga, or just resting on your in-between days.

YOU'LL NEED

A jump rope and an 8- to 10-pound medicine ball.



A woman with dark hair is jumping rope in a boxing ring. She is wearing a black sleeveless hoodie with "EVERLAST" printed on the front, blue leggings, and black sneakers. The background shows the ropes of the boxing ring and a sign that says "CLEASING".

**"IN KICKBOXING,
SOLID FOOTWORK
IS KEY. JUMPING
ROPE CAN HELP YOU
BECOME MORE AGILE,
RESPONSIVE, AND
COORDINATED."**

—Libin Anderson

YOUR WARM-UP

Prep for the work ahead with this quick primer. You'll increase your muscle temperature, breathing, and heart rate, and also improve your focus, speed, reaction, and balance, Libin Anderson says. This strengthens your whole body (and brain!) so you can maneuver with total control and confidence.

Set a timer for 5 minutes and start jumping. Your goal: a minimum of 250 revolutions before the time is up. If you trip, compose yourself and pick up where you left off. If you've hit 250 before the 5 minutes are up, keep going. Remember your total revolutions. Next time you do the warm-up, aim to get 20 more in.

"It seems simple, but it will challenge you to progress, since your goal is to keep adding revolutions even though your time frame stays the same,"

Libin Anderson says.





**"YOU HAVE TO USE
SO MANY MUSCLES
TO FIND THE
BALANCE AND
POWER TO KICK.**

**YOU'LL BURN
CALORIES AND TONE
EVERYTHING FROM
THE ABS DOWN."**

—Libin Anderson

PUNCH & KICK YOUR WAY FIT

A/B→

1. Plié-squat crescent kick

Works abs, obliques, butt, quads, outer and inner thighs

Stand with feet more than hip-width apart, toes out, arms down. Squat, rotating torso to the left (keep hips square), reaching right hand to the floor between feet and left hand up and back [A]. Shift weight to left leg to stand and kick right leg in a circle away from the body (called a crescent kick), hands in fists at chest, elbows bent [B]. Land in plié squat, this time rotating torso to the right, reaching left hand to the floor between feet and right hand up and back. Repeat kick with left leg. Continue alternating sides for 1 minute.

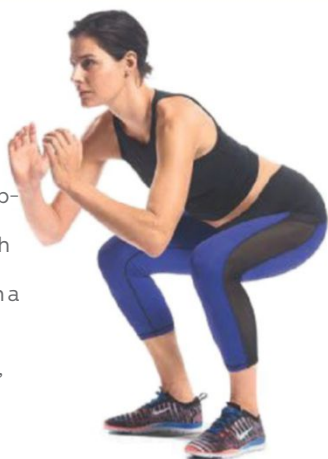


A→ B↗ C↓

2. Deck-squat plank

Works shoulders, chest, abs, butt, quads

Stand with feet hip-width apart, arms down. Crouch with hands at chest, elbows bent [A]. In a fluid motion and without touching hands to the floor, sit and roll back, lifting hips and coming onto shoulder blades [B], then roll forward with enough momentum to come into a crouching position with palms planted. Jump feet back to plank [C]. Jump feet up to hands, then stand. Repeat for 1 minute.



3. Tiptoe chair sit

Works shoulders, abs, butt, quads, inner thighs, calves

Stand with toes together, heels apart, and hold the medicine ball with arms extended at shoulder height. Rise up onto the balls of your feet, squeezing knees together. Stay on the balls of your feet and slowly squat [shown]. Pause; slowly stand. Lower heels. Repeat for 1 minute.



4. Hover kick

Works abs, butt, quads, inner thighs

Stand with feet together, arms in fists at chin height, elbows bent. Shift weight to right leg (keep heel planted) and bend knee as you extend left leg forward with toes pointed, hovering about 6cm above floor. Keeping right leg bent and left foot off floor, draw left leg out to left side, then behind you. Then power through the right leg to forcefully kick left foot to the left, leaning upper body to the right [shown]. Repeat for 30 seconds. Switch sides; repeat.



5. Bridge punch

Works shoulders, biceps, abs, butt, hamstrings, inner thighs

Lie faceup with knees bent, feet flat, hands in fists at chest, elbows bent to start. Lift hips until body forms a straight line from shoulders to knees. Lower hips then sit up, punching right hand forward [shown], then left hand forward. Lower to starting position. Repeat for 1 minute.



6. Leaning press

Works shoulders, biceps, obliques

Stand with feet hip-width apart, toes pointing slightly left, and place the medicine ball in your right palm. Place left hand on your lower back and raise the ball overhead with elbow bent to 90 degrees; gaze at the ball. Fold at the waist to lower your torso to the left, pressing right hip to the right, keeping the ball overhead and eyes on the ball [shown]. Lower the ball slightly; then raise it. Slowly return to standing. Repeat for 30 seconds. Switch sides; repeat.



8. Knee thrust

Works abs, obliques, butt

Stand with left leg forward and foot flat, heel of right foot lifted, knees soft, hands in fists at chin height with elbows bent to start. Keep your shoulders square as you drive your right knee forward and up [shown]. Return to starting position. Repeat for 30 seconds. Switch sides; repeat. To advance the move, add a jump with the knee thrust.



7. Fight-stance burpee

Works shoulders, chest, abs, butt, quads, hamstrings

Stand with left leg forward, knees soft, hands in fists at chin height with elbows bent [A] (fighter's stance). Crouch, place hands on floor [B], jump feet back to plank. Lower your body to the floor, then push back up, jump feet to hands with left leg in front of the right, then stand. Repeat for 30 seconds. Switch sides; repeat.



9. Lat push-up

Works back, abs

Sit on heels, knees together and palms on the medicine ball. Draw hips back to straighten back and extend arms forward, like you're coming into child's pose over the ball [A]. Hold for a breath. Then, squeeze your abs and roll the ball forward, coming off your heels with back straight until you come into a supported plank. Extend arms as far forward as you can while keeping your back straight [B]. Hold this position as long as you can. Repeat as needed for 1 minute.







Powered by plants

Amanda Cohen, *Iron Chef*'s first all-vegetarian competitor and owner of **Dirt Candy** in New York City, is a genius at creating veg with an edge. She'll transform the way you approach produce, starting with this menu of fresh, healthy, and highly creative dishes.

Photographs by Sang An

*“Toss your ideas of what
vegetarian cooking can be.
It’s a new era.”* —Amanda Cohen

To me, vegetables are the most delicious thing ever,” says Amanda Cohen. In fact, the New York City-based chef considers them candy from the earth, which is why she named her restaurant Dirt Candy, a vegetarian hot spot so popular, it’s set to expand this year. Throughout her career, Cohen, 39, has aimed to redefine vegetarian cooking – she’s so passionate, she uses the term ‘vegetable cuisine,’ emphasising an elevated taste, rather than a lack of something, as in meat. Indeed, her dishes defy expectations of what you can do with a stalk of broccoli (like smoke it and serve it in a bun) or cucumbers (roast them and turn them into a soup). Cohen clearly revels in a lack of rules: “We have already figured out the best way to cook steak or fish,” she says. “But with ingredients like squash, root vegetables, broccoli... we’re still playing.” So go ahead: try building a delicious beet tower or turning carrots into long, elegant ‘pasta’ strands. “Don’t be afraid to fail,” says Cohen. “Vegetables have no boundaries—they’re so much fun.”

Carrot Noodles & Pasta with Garlic Yogurt Sauce

Serves: 6

Cook time: 22 minutes

Total time: 35 minutes

- > 6 rainbow carrots
- > 6 tablespoons extra-virgin olive oil
- > salt
- > zest of 2 lemons
- > ½ cup minced cilantro
- > ¼ teaspoon saffron
- > 2 cloves garlic, minced
- > 1½ cups labneh (a strained Middle Eastern yogurt, available in specialty markets) or Greek yogurt
- > 8 cups carrot spirals (use a spiraliser to cut carrots into noodle-like strands)
- > 4 cups cooked and cooled angel hair pasta
- > 2 tablespoons lemon juice

1 Preheat oven to 190°C. Cut rainbow carrots in a medium dice, toss with 4 tablespoons of oil, and salt to taste. Spread on a baking sheet and roast until fork-tender, about 20 minutes. Remove from oven and immediately toss with zest of one lemon and cilantro. Set aside.

2 In a sauté pan over medium, heat the remaining 2 tablespoons olive oil, saffron, and garlic. Once fragrant (after about 1 minute), turn heat to low and add yogurt and 1 cup water. Stir slowly until fully incorporated. Remove from heat and allow to cool.

3 Toss the carrot noodles, angel hair, and roasted carrots with yogurt sauce; divide between six bowls and sprinkle each with lemon juice and remaining zest.

*** Nutrition score per serving**
449 calories, 19g fat (5g saturated), 55g carbs, 13g protein, 8g fibre, 280mg sodium



A new twist

A spiral vegetable slicer quickly turns zucchini, sweet potatoes, and more into 'spaghetti.'

“The classic pairing of goat cheese and beets, with fun texture.”

Beet Napoleons

Serves: 4

Prep time: 15 minutes

Total time: 15 minutes

- > 1 red beet, roasted until fork-tender and then peeled
- > 1 golden beet, roasted until fork-tender and then peeled
- > 1 candy cane beet, roasted until fork tender and then peeled
- > ½ cup goat cheese
- > ½ cup cream cheese
- > 2½ teaspoons salt
- > 4 cups beet greens, washed and de-stemmed
- > ¾ cup pistachios, toasted
- > 1 cup extra-virgin olive oil
- > ½ teaspoon crushed garlic
- > 2 tablespoons tarragon
- > 1 tablespoon honey
- > 2 teaspoons lemon zest

1 Using a mandoline slicer, slice the beets thinly. If you don't have a mandoline slicer, slice with a knife as thinly as possible.

2 In a small bowl, mix goat cheese, cream cheese, and ½ teaspoon of salt with a fork until fully incorporated.

3 Make the beet-greens pesto: bring a medium pot of water to a boil and prepare a bowl of ice water. Add greens to the pot and cook for 1 minute, then transfer to ice water. Once cold, squeeze out as much water as possible. In a food processor, pulse the pistachios. Add ½ cup of olive oil,

2 teaspoons of salt, and garlic, and pulse a few more times. Add the greens and continue to pulse until the mixture is thoroughly combined.

4 Make the tarragon oil: in a blender, combine tarragon, honey, ½ cup of olive oil, and lemon zest. Blend until fully combined.

5 Assemble the napoleons: place a ring mold or small can with both ends removed on a flat surface and then place three slices of red beets into the mold. Add a dollop of the

cheese mixture; then add three slices of golden beets. Add a dollop of pesto; then add three slices of the candy cane beets. Repeat until you reach the top of the ring; transfer to a plate, remove the ring, and drizzle with tarragon oil. Repeat three more times. Freeze leftover beet pesto, and store extra oil in an airtight container.

*** Nutrition score per serving**
322 calories, 31g fat (10g saturated), 8g carbs, 6g protein, 1.5g fibre, 684mg sodium

Roast 'em right

With skins on, scrub each beet, coat with olive oil, and roast at 190°C for about an hour or until easily pierced with a fork.





Shortcut

Save time and just buy a bag or two of pre-shredded sprouts.

Shaved Brussels Sprout Salad

Serves: 4

Cook time: 20 minutes

Total time: 30 minutes

- > 680g Brussels sprouts
- > 3 tablespoons extra virgin olive oil
- > salt
- > ¼ cup sliced almonds
- > zest of ½ lemon
- > 1½ tablespoons fresh lemon juice
- > ½ clove garlic
- > 1 tablespoon white wine vinegar

- > 1 tablespoon honey
- > 2 teaspoons Dijon mustard
- > ½ tablespoon thyme leaves
- > ½ pear, thinly sliced
- > 170g shaved Pecorino Romano

1 Preheat oven to 190°C. Pull off the outer layer of each sprout, reserving leaves. Then, using a mandoline slicer, cut each sprout into very thin slices, holding sprouts by the stem. You can also use a knife. In a large bowl, toss sliced sprouts to separate layers.

2 In a small bowl, combine reserved outer leaves with 1 tablespoon of the olive oil and salt to

taste. Spread on a baking sheet and roast until crispy, about 10 minutes.

3 Meanwhile, in a small bowl, combine almonds with ½ tablespoon of the oil and salt to taste; stir to coat. Spread on a separate baking sheet. When sprout leaves are done, remove them from the oven and lower temperature to 180°C. Place sheet with almonds in the oven and toast for 10 minutes or until lightly browned.

4 While almonds roast, make the dressing: in a blender, combine lemon zest and juice, garlic, vinegar, honey, and mustard and

blend. Stream in the remaining olive oil; once it has emulsified, add thyme leaves and pulse 2 to 3 times. Then, toss with the sliced sprouts and roasted leaves.

5 Divide sprout mixture between four plates. Place ¼ of the pear slices and cheese shavings on top of each salad. Then, roughly chop toasted almonds and sprinkle on top of each dish.

*** Nutrition score per serving**
397 calories, 27g fat (10g saturated), 25g carbs, 16g protein, 8g fibre, 1,054mg sodium



Gone green

Waiting until the end to add the spinach keeps your soup this bright.

Spinach Soup with Smoked Corn Dumplings & Lemon Confit

Serves: 4

Cook time: 15 minutes

Total time: 35 minutes

- > 6 tablespoons extra-virgin olive oil
- > ½ cup diced yellow onion
- > 1½ tablespoons minced garlic
- > 1½ tablespoons minced ginger
- > ½ tablespoon lime zest
- > ½ tablespoon seeded and diced jalapeño
- > ¼ cup peeled and diced potato
- > 3 cups vegetable stock
- > 1 cup smoked, fire-roasted, or plain corn kernels (fresh or frozen)
- > 1½ tablespoons finely diced jicama
- > ¾ teaspoon finely chopped green onion
- > ¾ teaspoon finely chopped mint
- > 1 teaspoon potato starch
- > ¾ teaspoon rice wine vinegar
- > ¾ teaspoon sesame oil
- > ½ teaspoon salt, plus more to taste
- > 16 store-bought egg-less wonton wrappers (half a package)

- > 4 cups tightly packed spinach
- > 1½ cups chopped parsley
- > 1 cup chopped cilantro
- > lemon confit (optional; see recipe on next page)

1 In a large pot over medium, heat olive oil. Add yellow onions; once they start to soften add garlic, ginger, lime zest, and jalapeño and continue to cook until very soft, about 6 minutes. Add potatoes, stir, and add stock. Bring to a simmer and cook until potatoes are soft, about 3 minutes.

2 While soup cooks, fill a roasting pan or your sink with ice. Remove soup pot from heat, put over ice, and let cool for about 15 minutes. Using an immersion blender, purée soup. Or, you can transfer in batches to a blender. Refrigerate mixture until cold.

3 Meanwhile, make the dumplings: in a medium bowl, combine corn, jicama, green onion, mint, potato starch, vinegar, sesame oil, and ⅛ teaspoon salt until well incorporated. Lay the wrappers on your work surface. Cut into circles using a 5cm cookie cutter; discard scraps. Then place a heaping teaspoon of filling in the middle of a wrapper, wet the edges of the wrapper with water, and fold into a half-moon. Pinch the ends of the

“People try to mask tofu’s taste with heavy flavours, but we pair it with a bright sauce.”

dumpling together and place on a plate; cover with a damp cloth to keep the dumplings from drying out as you repeat the process with each wrapper.

4 Bring a deep pot of very lightly salted water to a boil. Drop the dumplings into the pot in two batches, boiling for 2 to 3 minutes; then scoop them out with a slotted spoon, place on a plate, and cover until soup is ready.

5 In a blender, combine cooled soup, spinach, parsley, and cilantro; blend until very smooth and strain (using a chinois, if desired) to remove any chunks. Heat soup over medium, add salt to taste, and divide among bowls. Add dumplings and lemon confit, if using. Serve immediately.

*** Nutrition score per serving**
347 calories, 22g fat (3g saturated), 34g carbs, 8g protein, 4.5g fibre, 453mg sodium

Lemon Confit

Makes: ¼ cup

Cook/total time: 35 minutes

- > zest of 2 lemons
- > 3 tablespoons lemon juice
- > 3 tablespoons sugar

1 Heat 2 cups water in a pot over high. When boiling, add lemon zest, let it return to a boil, and cook for 3 more minutes. Remove from heat and strain. Repeat with fresh water two more times (so you boil the zest three times, total).

2 In a small pot over low heat, combine lemon juice and sugar; cook until sugar is completely dissolved. Add the zest; if not covered by the liquid, add water to cover. Turn heat to low and cook until zest is translucent and juice is thick and has a syrup-like consistency (about 20 minutes).

*** Nutrition score per tablespoon**
40 calories, 0g fat, 10g carbs, 0g protein, <1g fibre, 0mg sodium

Tofu with Coconut Lime Sauce

Serves: 4

Cook time: 15 minutes

Total time: 20 minutes

- > 1 package extra-firm tofu
- > ½ package *fu chok* (dried tofu skin, available at natural and Asian markets)
- > ¼ cup potato starch
- > salt
- > 6 tablespoons olive oil
- > 1 cup white wine
- > ¼ cup finely diced shallot
- > 1 stalk lemongrass, chopped
- > 1 cup lime juice
- > zest of 2 limes
- > 1 teaspoon plus 2 tablespoons minced garlic
- > 415ml coconut milk, refrigerated for 2 hours
- > 2 tablespoons minced ginger
- > 6 cups mixed Asian green vegetables (baby *bok choy*, *choy sum*, Chinese broccoli), roughly chopped
- > ¼ cup minced fresh herbs (Thai basil, parsley, cilantro)

1 Place tofu on a paper towel-lined plate. Cover with more paper towels, another plate, and a weight, like a few cans of beans. Let drain about 10 minutes and then slice into four pieces.

2 Cut the *fu chok* into rectangles slightly smaller than the tofu pieces and stack into piles of five. Mix the potato starch with 6 tablespoons water until dissolved. Fill a separate small bowl with water. Spread some of the starch mixture on a piece of tofu, sprinkle it with salt, dip a *fu chok* stack into water, and gently place it on top of the tofu. Repeat with each piece of tofu.

3 In a non-stick pan over medium, heat 2 tablespoons of olive oil. Gently place tofu pieces in the pan, *fu chok* side down. Cook until *fu chok* is golden brown and crispy, about 2 minutes. Flip and cook for another 2 minutes. Transfer to a paper towel-lined plate.

4 Prepare the sauce: in a pan over medium-low, cook wine, shallots, lemongrass, lime juice, zest, and 1 teaspoon minced garlic until there's only about ¼ cup of liquid left. Strain and discard the solids;

return liquid to the pan. Open can of coconut milk; drain off and reserve water, reserving cream separately. Add coconut cream to the pan and bring to a gentle simmer. If the sauce gets too thick, thin with reserved coconut water.

5 Cook the vegetables: in a medium pan over high, heat 4 tablespoons of the oil. Add remaining garlic and the ginger. Then add vegetables and stir a few times. Add some water to create steam. Once vegetables are bright green, about 2 minutes, add herbs and salt to taste, and remove from heat.

6 To serve, divide vegetables between four plates, reserving a few for garnish. Lay a piece of tofu on each, garnish with reserved vegetables, and spoon sauce on top and around dish.

*** Nutrition score per serving**
625 calories, 48g fat (23g saturated), 27g carbs, 20g protein, 5g fibre 102mg sodium

Get crunch

Fu chok gives tofu multiple textures for a more satisfying mouthfeel.



ACTIVE VACAYS

Forget shopping trips; get wild and gritty on your next vacation. Why? Research finds that it makes you more relaxed, boosts your mood, and instils a better outlook even after you've returned home. Here's a round-up of Asia Pacific's best adventure travel destinations. By Sia Wendi

ANNAPURNA CIRCUIT, NEPAL

Yearning for a definitive nature experience? Immerse yourself in the spectacular mountain wilderness of the Annapurna Circuit; the 300km, three-week route is considered the holy grail of trekking as it allows you to get up close to some of the most magnificent peaks in the world (highest point: Thorong La pass at 5,416m). Soak up breathtaking sceneries of snow-capped mountains and mist-shrouded valleys – beyond the landscape, enjoy learning about mountain culture and customs from your guesthouse host, or the Sherpa herders you're bound to meet along the way!

Fly from Kuala Lumpur to Kathmandu, and then take a bus or drive to starting point Besisahar.

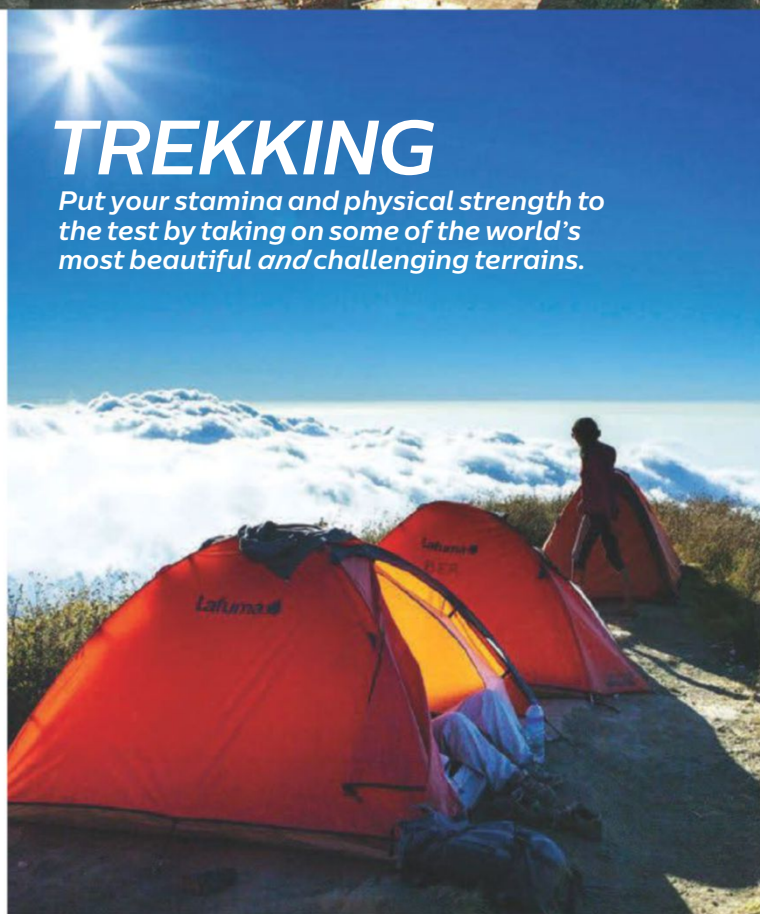
MOUNT RINJANI, LOMBOK, INDONESIA

A climb to the summit

(3,726m above sea level/asl) of Mount Rinjani – Indonesia's second highest mountain – may challenge even the fittest of beginners, but it's worth it as the active volcano offers spectacular views of Lombok, Bali and the Gili islands. According to Bojidar, one of the founders of *1001 Unforgettable Trips* website, "the biggest physical challenge is reaching the rim on day one. To check if you can do this, find a tall building, and climb its stairs for three hours without a long break. If you find it extremely boring but doable, you're good to go." The three-day trek takes you from the village of Senaru, through a flora-and-fauna-rich tropical forest, the summit, to crater rim and lake, and ends in Sembalun. You can do it the other way around, but this is the 'easier' way. If you opt for the 4D3N / 5D4N trek, you'll get to explore some caves.

TREKKING

Put your stamina and physical strength to the test by taking on some of the world's most beautiful and challenging terrains.



Fly from Kuala Lumpur to Lombok, and then make your way to Senaru or Sembalun via cab or bus.

MULU NATIONAL PARK, MULU, SARAWAK

There are three treks to choose from, with the Pinnacles Trek as its most popular. The pinnacles are a series of 45m-high limestone spikes, located on the side of Mount Api. The extremely tough 2.4km-trail takes you through dipterocarp and moss forests before you reach the last section: a near-vertical climb using ropes and ladders. Take in the sights from the viewpoint (at 1,750m asl), made up of a number of pinnacles, rocks and vegetation, and then begin your descent, which some have found harder than the ascent. But hey, you can look forward to a refreshing swim in the stream back at your base, i.e. Camp 5.

Fly from Miri, Kuching or Kota Kinabalu. Or if you're feeling *really* adventurous, you can reach Mulu by boat or overland (by 4x4) over rough timber tracks, according to the *Wonderful Malaysia* website.

YEAK LAOM LAKE, RATANAKIRI, CAMBODIA

Formed after a volcanic eruption over 4,000 years ago, this lake – 800m in diameter, and 50m deep – is surrounded by a dense forest, the perfect setting for a short, thrilling trek. Once you've explored the park – home to about five hill tribe villages – take a dip in the clean and clear water, float on your back and watch the clouds move across the sky. A handicraft centre, selling ethnic minorities crafts, is located near the lake.

Fly from Kuala Lumpur to Phnom Penh, and then jump on a 12-hour bus ride to Banlung, the capital of Ratanakiri province. Yeak Loam is merely 10–15 minutes away from Banlung town.

"Those who want to test their limits should take on the Mulu Pinnacles trek. It was physically and mentally demanding, but I'm glad I did it!"

Marini Khalid, Subang Jaya

MOUNT MALUAN, SHENZHEN, CHINA

One of Shenzhen's best-kept secrets (the city's more known as a shopping hub), Maluan's popular among trekkers because it's safe and easy; at only half the height of Shenzhen's Wutong Mountain, the summit can be conquered between two–three hours, via different routes. Maluan's rich and varied landscape, with lush woods, waterfalls, and clear streams, is even more magnificent in January,

when the Chinese plum blossom trees bloom.

Fly from Kuala Lumpur to Shenzhen or Hong Kong.

DRUK PATH, BHUTAN

A short, moderate-grade trek, it crosses the chain of mountains that separates Paro and Thimpu valleys, at altitudes ranging between 2,400–4,200m. You will be ooh-ing and ahh-ing at stunning views of Mount Gangkar Puensum (the world's

highest unscaled peak) Jimiling Lake (home to gigantic trouts), plus ancient *lhakhangs* (temples), *dzongs* (fortresses) and villages. If you embark on this 6D5N trek in May, you'll get to witness the dwarf rhododendron forests run riot.

Fly from Singapore, Bangkok, Delhi, Kathmandu or Kolkata to Paro, Bhutan's only international airport.

THORLO HIKING SOCKS, RM79.90, WORLD OF SPORTS



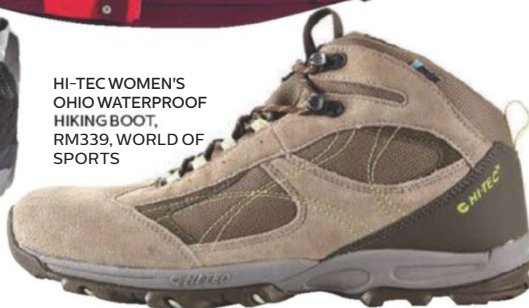
KOR NAVA BOTTLE, RM109, AMAZON.COM



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ROCK CLIMBING

Reach for the sky as you scale the cliffs and pinnacles overlooking some of the most scenic places in this world!

YANGSHUO, CHINA

Yangshuo sits nestled amongst a vast array of stunning tooth-like karst limestone towers. Its climbing routes are bolted on to crags such as the Swiss Cheese, Wine Bottle and White Mountain, with grading of climbing difficulty running from 5.6 to 5.10 (easy enough for beginners) to 5.12 for experts. Up for a challenge? Navigate the underside of Moon Hill, a natural stone arch.

Fly from Kuala Lumpur to Guilin, then hop on a taxi, minivan or public bus to the city of Yangshuo.

PHRA NANG BEACH, RAILAY, THAILAND

With its white sandy beaches and clear turquoise waters surrounded by towering limestone cliffs, the peninsular of Railay is the go-to for anyone looking to satisfy their adrenaline

thirst. One of the best things about Railay? You don't have to be a pro to enjoy the views! There are enough climbing routes to keep you on the edge, including beginner grade 5a's up to the extremely challenging 8c's, which follow the French grading system.

Fly from Kuala Lumpur or Penang to Krabi. Then it's a taxi or shuttle bus to AoNang beach, before a quick long tail boat ride to Railay beach.

HA LONG BAY, VIETNAM

Boasting one of the most beautiful seascapes on this planet, Ha Long Bay comprises of thousands of islands with limestone monoliths rising directly out of the Gulf of Tonkin. One of its famed climbing spots is Butterfly Valley, located near the pastoral Lien Minh village on on Cát Bà island. Its wall, a magnificent cut of





limestone, has over 50 routes with climbing grades ranging between 4-8b+, so there's a route for everyone!

Fly from Kuala Lumpur to Hanoi. From there, take a bus, taxi or car to Bai Chay (Ha Long).

HAMPI, KARNATAKA, INDIA

A quaint village scattered with the ruins of the city of Vijayanagara (a UNESCO World Heritage Site), Hampi is dubbed the bouldering capital of India as its entire landscape is covered with freestanding granite boulders or crags. Climb Hemakuta Hill, which overlooks Virupaksha temple, or go deeper into the region near Malyavanta Raghunatha Temple; pristine granite, as well as temple complexes and stone sculptures make for a breathtaking backdrop!

Fly from Kuala Lumpur to Hyderabad or Bengaluru (aka Bangalore), and then take the train to Hospet.

From there, grab a rickshaw or bus to Hampi.

TRANGO TOWERS, PAKISTAN

Strictly for pros only, the Trango Towers is probably every seasoned rock climber's dream to conquer. The towers, made up of a group of dramatic granite spires, are some of the world's tallest vertical granite cliffs, and thus, making them one of the most challenging to climb, especially when combined with extreme weather conditions and altitudes. Expect to spend days trekking and camping, as you ascent the 6,286m-tall Great Trango Tower. Pakistan is a volatile region, so if you're planning a trip there, keep to its government's travel advice to stay safe.

Fly from Kuala Lumpur to Islamabad via Karachi. Make your way from Pakistan's largest city to mountain village Skardu, and then to Askole, the

beginning of the trek up the valley.

MOUNT ARAPILES, VICTORIA, AUSTRALIA

More than 3,000 climbs can be found on its many cliffs, crags and pinnacles with lengths ranging from 10 to 170m. One of the most appealing things about Arapiles is that it caters to climbers of all levels, offering incredible multi-grade routes. Climb to the summit of its dramatic quartz and sandstone landmark – ochre-red in colour with streaks of grey lichen – and take in soaring views of the surrounding Wimmera plains.

Fly from Kuala Lumpur to Melbourne. If you're travelling in a group, we recommend renting a car and making your own way to Mt Arapiles.

"Climbing constantly challenges and pushes me. The mindset: never give up, and keep trying. FYI, wearing good climbing shoes help in undertaking this activity."

Eveline Spykerman, Kuala Lumpur

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DIVING

Go past the lush landscapes, and into the opulent seascapes teeming with marine biodiversity!



RAJA AMPAT ISLANDS, INDONESIA

Considered by many as the bee's knees in the world of scuba diving, Raja Ampat comprises over 1,500 small islands, cays and shoals (surrounding the four main islands of Misool, Batanta, Salawati and Waigeo, as well as the smaller island of Kofiau), and more than 200 dive sites. According to Conservation International, Raja Ampat boasts the highest recorded marine life diversity; its reef ecosystems support over 1,200 fish, 600 coral, and 699 mollusc species. There are regular sightings of sharks, manta rays, turtles, and if you're lucky, you may even get the chance to swim along dolphins and passing whales! Raja Ampat is better suited to experienced divers who can handle strong currents.

Fly from Kuala Lumpur to Jakarta or Makassar; from there, get a connecting flight to Sorong. Then, hop on an express or a speed boat to Waisai on Waigeo.

SIPADAN ISLAND, MALAYSIA

Beyond the blue skies, clear waters, and lush tropical settings, is an underwater ecosystem bursting with greenback and hawksbill turtles (you can spot over dozens in one dive!), sharks, manta rays, and corals. Its unique geography makes it home to a number of excellent dive sites such as the Midreef, which boasts some of the island's best coral formations, as well as South Point and Barracuda Point for hammerhead shark and barracuda sightings, respectively. For those with a taste for the macabre, there's Turtle Tomb; only for dive masters, this cavern, which lies at a depth of 17 to 23m, is littered with skeletal remains of turtles that became lost, and drowned. Visibility can reach 30m but divers are advised to take extreme caution, as this can quickly go down to zero if the silt is disturbed. This dive needs special equipment



and an experienced local diver who knows the cave.

Fly from Kuala Lumpur, Kuching or Kota Kinabalu to Tawau. Then, make your way to Mabul island via Semporna. There are no resorts on Sipadan.

OKINAWA, JAPAN

Okinawa is a wonderland with its white-sand beaches, crystal-clear waters (30m visibility), rich coral reefs, an array of marine life rivalling that of the Great Barrier Reef (you can spot nudibranchs, colourful sea fans, schooling hammerheads, whale sharks, dugongs, morays, etc.) – and the stunning Blue Cave. Besides an unforgettable interaction with these underwater creatures, you can also explore the U.S.S. Emmons shipwreck.

Fly from Kuala Lumpur to Tokyo, Osaka or Nagoya, before you take a connecting flight to Okinawa. The island's international airport also has flights to and from Seoul, Taipei and Shanghai.

MERGUI ARCHIPELAGO, MYANMAR

Picture yourself on board a ship skimming past remote islands with no other vessels in sight; it's only you and the expanse of the crystal-clear ocean. Beneath you: spectacular underwater topography with an abundant marine life. Its prime dive site, Black Rock, will blow your mind away with its reef sharks and manta rays, and eagle rays soaring above and around you. Huge gorgonian sea fans form underwater forests, while colourful soft tube corals and tiger-striped anemones carpet the area's limestone rocks and large boulders.

Fly from Kuala Lumpur to Yangon, and then fly to Kawthaung (Mergui Archipelago's starting point), via Dawei and Myeik.

ARI ATOLL, MALDIVES

The pristine, warm waters of Ari Atoll are teeming

with marine life and wrecks, providing superb diving for both intermediate and advanced divers, who do not just come here for its coral splendour but rather, for the chance of swimming with big marine animals such as whale sharks, mantas, hammerheads and eagle rays. Explore the Fesdu and Halaveli wrecks, fully colonised by marine life, and covered with soft corals and sponges.

Fly from Kuala Lumpur to Malé. Travelling in between islands is done through various ferry services.

"Sipadan is my go-to scuba diving spot. With an impressive marine biodiversity, it always feels like I'm exploring a new world."

Soo Wenyi, Kota Kinabalu

KOH TAO, THAILAND

Thailand's scuba mecca, Koh Tao has many shallow bays dotted around its coastline, perfect for first-timers. Head out to Ao Leuk, and be rewarded with an abundance of reef fishes such as butterflyfish and angelfish as well as passing schools of yellowtail barracudas and turtles. Despite its Thai name meaning 'deep bay', Ao Leuk is one of the shallowest of Koh Tao's dive sites, with a maximum depth of only 12 to 14m. If you're up for a challenging dive, make your way to Chumphon Pinnacle; its granite peak starts 12m under the surface, and



SONY ACTION CAM HDR-AS30V, RM 1,199

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goes down to a maximum depth of 35m. This is the best spot to check out whale and leopard sharks, and even whales!

Fly from Kuala Lumpur to Koh Samui, and then hop on a high-speed ferry to Koh Tao.

TUBBATAHA REEF NATIONAL MARINE PARK, THE PHILIPPINES

Voted one of the top eight dive sites in the world by *CNN Travel*, its underwater sanctuary boasts an

astounding density and diversity of coral and fish; we're talking over 600 species of fish, 360 species of corals (about half of all coral species in the world), 11 species of sharks, 13 species of dolphins and whales.

Fly from Kuala Lumpur to Manila, and then to Puerto Princesa City in Palawan. Your dive operator can transport you to Tubbataha by a liveaboard boat; the journey takes about 10 hours!

CAVING

Travel back in time to almost prehistoric-like landscapes, and let your imagination run wild!

NIAH NATIONAL PARK, MIRI, MALAYSIA

The cave consists of one big cave (The Great Cave), and several smaller ones including the popular Painted Cave and The Large Chamber or Padang. The Niah Great Cave is the most spectacular; its vast interior is like a huge labyrinth, with tremendous shafts opening from the surface through the ceiling far above. The Great Cave is not only an important archaeological site (Stone Age men inhabited it for 40,000 years), but it is also a nesting site for bats and swiftlets. When you leave the Great Cave, you can see half a million of swiftlets returning to their nests, whilst half a million bats fly out to forage the forest. The passage at the back of the Great Cave leads to a large chamber known as 'Padang' where shafts of sunlight stream down from the large holes in the cave roof, illuminating the bizarre rock formations within. In the nearby Painted Cave, you will come across well-preserved and highly complex prehistoric cave wall paintings.

Fly from Kuala Lumpur to Miri. The cave is about two hours away from the city.

AKIYOSHI-DO CAVE, JAPAN

Japan's largest limestone plateau, Akiyoshidai, homes its longest cave. It opens at the south foot of the plateau, 100 meters underground, with a river flowing through the main entrance. Its total length is about 9km, but a typical sightseeing route takes you about 1km in, and includes 26 well-known sights of beautiful speleothems such as the 'Golden Pillar'.

Fly from Kuala Lumpur to

Tokyo or Osaka, and then get on the train to Akiyoshi-do.

WAITOMO, NEW ZEALAND

For a unique caving experience, marvel at the dazzling spectacle of millions of glow-worms; as they cling to the ceiling, they create a starry wonderland within the dark chamber. The tour takes you to two levels, the Catacombs and Banquet Chamber, and ends in the lower level, known as the Cathedral, where visitors can take an underground boat ride along the Waitomo River.

Fly from Kuala Lumpur to Auckland. Waitomo is about two hours away from New Zealand's City of Sails.

NARACOORTE CAVES NATIONAL PARK, AUSTRALIA

The caves have earned their World Heritage listing because of the extensive collection of Australian mega fauna fossils that have been unearthed here. The park includes the Victoria Cave, which offers a unique window into Australia's past climate, environment and animals that once lived in the area. A tour inside this fossil-rich cave lets you witness skeletons lying in the red dusty soil, where they have lain for hundreds of thousands of years.

CALLAO CAVE, CAGAYAN, PHILIPPINES

Head off to the town of Peñablanca and put your endurance to the test as you climb close to 200 steps, before marvelling at the massive limestone and rock formations that house the famed seven-chambered Callao caves. It has a natural cathedral,



"I was too scared to even step into a cave, much less to explore its dark, eerie chambers! But once you've gone caving, there's no turning back."

Adel, Ipoh

located in the first chamber, which was turned into a chapel by the locals. The place paints a dramatic picture as the penetrating skylight illuminates the hall through its opening; the rest of the cave has deeper chambers and spectacular speleothems of glittering dripstones, flowstones cave curtains, and crystal helictites. Every chamber has natural crevices, which allows light into the cave. Also a treat? The spectacle of red-billed kalaw birds and daily charge of bats at dusk when millions fly out of the cave.

Fly from Kuala Lumpur to Manila or Cebu, and then transit to Tuguegarao, your entry point.

ZHIJIN CAVE, CHINA

Crowned as 'King of Caves', Zhijin is like a vast

underground palace, with a superb array of 40 different types of karst formations of all sizes, shapes and colours. As China's largest cave, it has unusually shaped passages and grottos, dense forest of stone pillars, pagodas, drums, and flowers, which you explore in semi-darkness, down the paths created by felled stalagmites. The 12km, 4-hour tour of nearly 50 galleries are graced by stone pillar waterfalls of cascading stalactites, massive underground amphitheatres, plus underground streams, rivers and canyons.

Fly from Kuala Lumpur to Kunming, and then to Ānshùn. Once there, hop on a motorised rickshaw over to its bus station, and the catch one of the local buses to the cave.



SON ĐOÒNG CAVE, BINH PROVINCE, VIETNAM

Thrillseekers can crawl through tunnels, clamber over massive boulders, and ford knee-deep in the underground Rao Thuong River to discover the depths of the world's biggest cave. To delve SON Đoòng, you must rappel 80m into this grandeur wonder of nature. Hidden in rugged Phong Nha-Ke Bang National Park near the Laos border, it is almost 9km long, has a jungle and river of its own, and could fit a 40-storey skyscraper within its walls. The roof of the cave collapsed centuries ago, allowing a lush jungle to take root with ferns, palms, and algae covering parts of its interior. The wonder doesn't end there, as you may stumble upon rare cave pearls, formed drip by drip over the centuries:

calcite crystals left behind by water accumulate around grains of sand, enlarging over time.

Fly from Kuala Lumpur to Hanoi, then board a train to Dong Hoi.

MEGHALAYA, INDIA

Deep under Meghalaya are subterranean passages with gushing rivers, crystal-clear ponds, natural rock dams and vast chambers you could only crawl into. The state has a loads caves that are open to enthusiastic cavers; located in the Jaintia hills of Meghalaya are two magnificent caves, Krem Liat Prah, the longest cave

(25km) in South Asia and Synrang-Pamiang, India's third longest cave (14km). These are mainly stalactite and stalagmite ones of various formations. Get ready to be enthralled by the grand trunk passage of Krem Liat Prah, called the Aircraft Hangar, while navigating Synrang-Pamiang requires you to wade through its 7.63 km long stream, so come well prepared!

Fly from Kuala Lumpur to any major Indian cities, and then take a flight out to Guwahati. From there, take a bus to Shillong, the capital of Meghalaya.



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VENT SAFETY HELMET, RM199, EXPLORER



AQUAPAC WET AND DRY BACKPACK 15L, RM399, COREZONE



COLUMBIA MEGAVENT SHOE, RM309, WORLD OF SPORTS



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SCOOP IN april

EVENTS, PROMOTIONS & NEWS

FOR YOUR LITTLE ONE



SPLASHING HAPPINESS

With **CARRIE JUNIOR & Buddies** toy collectibles, each bath time will now unfold a new adventure for your child, as their imagination is unleashed! The new packaging has a 'secret chamber' – which houses one of the six mystery figurines – intended to encourage your kid to explore and stimulate their curiosity. Available across the brand's range of bath and shampoo variants, and priced from RM19.90 to RM21.90.



BABY COMFORT

Fitti's baby diaper is designed to make both mummy's and baby's lives easier... and better! The easy tape with Velcro fastener offers a fuss-free refastening experience; the extra breathable cover allows air circulation to minimise dampness, keeping your baby's skin fresh and dry; and the extra-stretchable design provides a snug but comfy fit. Oh, and did we mention that it's reasonably priced too?



SOOTHE YOUR FEET

The Grace range from **Scholl's** Spring Summer collection has just the right balance of style, comfort and support for your feet. Its slip-on wedges and open toed sling-backs are each embedded with a Memory Cushion foot bed that springs back into shape, making each wear as new and comfortable as the first time.



SPRING FLAIR

While its emphasis is on urban minimalism (think loose, relaxed shift dresses and blouses), **Hush Puppies Apparel's** Spring Collection 2015 includes a mix of toile-inspired skater dresses and pinstriped seersucker skirts – all decked in this season's bright colours. You'll go crazy over the girls' collection too, with its cute pleats and puff-sleeved dresses. Prices range from RM59.90 to RM199.90.

WRAPPED DELIGHTS

Prepare a wholesome breakfast, lunch or dinner with **Mission Curry Wrap**: the aromatic, curry-flavoured flatbread, made with high-quality wheat flour, is versatile and can hold in any type of filling (scrambled egg, grilled chicken, etc.) without tearing. The wrap combines sweet and savoury spices, for a delicious distinctive curry taste. Each resealable pack retails at RM7.25, and comes with eight pieces of 8-inch wraps.



NIGHT SNAPPER

ASUS Fonepad 7 (RM529) features an 8MP rear-facing autofocus camera with a large f/2.4 aperture lens and a blue glass optical filter that delivers incredible camera performance – capturing sharp, vivid photos in low-light conditions becomes effortless. Thinner and lighter than the previous design, it fits comfortably in one hand for ease of use.



HAPPY, HEALTHY LIPS

With **Chu Lip** (RM25.90), applying lip balm just got amazingly cute! Simply remove the top to reveal the dome-shaped balm, and then kiss it to nourish and moisturise your pout! The easy glide-on formula is formulated with a delicious blend of olive oil, macadamia nut oil and rose hip oil, and comes in a variety of fruity flavours to choose from.



SUPER-DRINK

Ostania Mangosteen Amrita contains mangosteen, apple, roselle, acai berry, grape and pomegranate – and contains no added sugar or colouring. Talk about a super-drink! It uses the whole mangosteen fruit, including the skin, which is packed with xanthones, anthocyanins and polyphenols: all potent antioxidants. Sold on furleybio.com for RM49.90 each.



WHITER + BRIGHTER

They say a smile is the best accessory you can wear, so outshine the crowd with **Colgate Optic White Plus Shine** (RM13.90). The whitening toothpaste features a newly upgraded formula with micro-crystal particles that polish teeth to give you a dazzling bright and shiny smile within a week!



(More than) a few good men

A male-led movement strives to end violence against women with its yearly campaign.

The All Women's Action Society (AWAM) held its second **White Ribbon Campaign Run and Walk** at Padang Merbok recently – with 2,500 participants, half of whom were men, it successfully brought the issue of violence against women to the community at large.

This year, AWAM kicked off the 7km run and 3km walk with an interpretative dance led by dancer and choreographer, Nate Wong. The performance – a dedication to women who have suffered brutality in their homes – was followed by the Men In Heels: Walk A Mile In Her Shoes. A special addition to this year's campaign, it was an opportunity for men to put themselves in a woman's shoes, to empathise with her journey, and to

engage with the issue of violence against women and girls. Approximately 30 men took part in this symbolic 100m walk before the flag offs of the walk and run. Along the route were AWAM's messages about the issue, including: "A real man never resorts to violence" and "I believe that a healthy relationship should never involve fear". The event was also graced by Malaysian National Laureate, Pak Samad, who recited *Ribbon Putih*, a poem he wrote specifically for the event.

The White Ribbon Campaign seeks to change attitudes and behaviours that lead to and perpetuate violence against women by engaging boys and men to lead social change. *SHAPE* was the event's media partner.



Zumba madness

Close to 6,000 participants sweated it out at one *big* fitness party!

We're proud to have been the event's media partner!



Text by Zara Nasarudin

Stadium Merdeka witnessed a sea of Zumba enthusiasts from all over the country (and beyond!) dancing their hearts away at the recently-held **SCORE FitMob: Largest Zumba Fitness Party**. Already in its second year, the event made it into the Malaysia Book of Records for the – you guessed it – Largest Zumba Fitness Party!

Led by an energetic team of 15 ZES and ZIN Zumba instructors hailing from Malaysia, India, Indonesia, France, Singapore, The Philippines and Columbia, 5,845 participants went all out, dancing in unison.

This event is presented by Great Eastern Life, and supported by FitMalaysia, an initiative by the Ministry of Youth and Sports Malaysia to lead fitter lifestyles, Malaysia Major Events, and Tourism Malaysia.

A *mega* SCORE FitMob – the SCORE FitMob Festival – is already in the works. It's slated for August this year, and would feature an exhilarating variety of fitness programmes, including crowd favourites like Les Mills BODYCOMBAT and Zumba.

Breakfast with SHAPE

Because everyone loves a good brekkie!

To kick-start the New Year, and our 8th anniversary campaign, we treated our major supporters to a hearty, healthy breakfast at Marmalade, Bangsar Village II. As guests enjoyed the café's scrumptious offerings, Editor-In-Chief Seema Viswanathan and Deputy Editor Zara Nasarudin revealed our 2015 plans (psst, they're bigger and better than EVER!). We bonded with old and new friends over post-brekkie coffee, and afterwards, everyone walked away with a goodie bag, which comes with a Sothys Silhouette Discovery Kit and healthy treats.



Text by Zara Nasarudin



SHAPES TURNS 8

Watch this space for exciting giveaways, and *more in June!*

+ Follow us on FB, IG and Twitter for can't-miss updates. To send us your love, just use **#shapemalaysia** and **#shape8**.

Win! Sothys Spa™ Thermal Water products worth RM510!



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LUCKY READERS

who answer the question correctly will win Sothys Spa™ Thermal Water's Micellar Cleansing Water and Soothing SOS Serum worth RM6,120 in total!

Suffering from sensitive skin? You're not alone: according to the *International Journal of Cosmetic Science*, 90 per cent of women have easily irritated skin, typically characterised by redness, inflammation, as well as dryness and/or itchiness. Well, suffer no more; the Sothys Spa™ Thermal Water range protects, soothes and balances the most fragile skin with natural spring water taken from the heart of Belgium's Ardennes region. Its Micellar Cleansing Water – which functions both as a cleanser and face lotion – gently and effectively removes impurities, while its Soothing SOS Serum neutralises permanent and temporary discomfort, limiting redness at the same time. As skin becomes less sensitised to aggression, you'll learn the true meaning of 'being comfortable in your own skin'!



HOW TO ENTER

1. Log onto www.shape.com.my.
2. To participate, you must first complete a registration form. This is a one-time registration process and your details will be kept for future contest entries.
3. After you have registered, you will only be required to enter your username and password for future contest submissions.
4. You are only allowed to submit one entry per contest (unless stated otherwise).
5. Promotion period: **1 April 2015 to the 30 April 2015.**

Terms & conditions: This contest is open to all residents of Malaysia. Employees of Blu Inc Media Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest. Late, incomplete and unclear entries will not be entertained. The decision of the judges is final and no correspondence will be entertained. Prizes must be taken as provided and are neither transferable nor exchangeable for cash. Winners will be notified by email.

Win! A Melvita Organic Argan+ Face Care Oil worth RM196!



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LUCKY READERS

*who answer the
question correctly will
win Melvita Organic
Argan+ Face Care Oil
worth RM5,684
in total!*

In its search for the ultimate regenerating, nourishing and protective ingredient, French pioneer beauty brand, Melvita discovered an amino acid called hydroxyproline – this building block of protein is used in the brand's first organic, anti-ageing facial oil, Argan+. Combined with the power of organic argan and sunflower oils, as well as plant-based esterified oils, Argan+ nourishes dry and wrinkled skin from within – day after day, your skin becomes suppler, smoother and finer! Check out its proven results:

- 10% increase in firmness*
- 84% of women said their skin seemed firmer**
- Smoother facial skin: +50%*
- 94% of women said their skin felt smoother**

* Clinical scoring on 36 women, aged 35 to 65, over a 4-week period

** Tested on 36 women, aged 35 to 65, over a 4-week period.

Here are *more* reasons to include it into your daily skincare routine: the face oil is lightweight, non-greasy, and has a delicate floral scent!



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STAYING HEALTHY WITH...

Jennifer Lopez

By Sara Angle

Growing up in the Bronx, NY, J.Lo was raised on a diet of hearty food traditional to her Puerto Rican heritage, like breaded chicken with white rice and beans. She eventually discovered her eating habits were affecting her performance and got passionate about adopting a more nutritious diet to make her feel and look better. What's more, since the community she grew up in has the highest rate of obesity in New York City, last year Lopez founded the Center for a Healthy Childhood at Montefiore Medical Center in her home borough. She also decided to create BodyLab – programmes and products tailored specifically for women to learn more about healthy living. The 45-year-old singer, actress, author, and entrepreneur let us in on her workout secrets, go-to breakfast, and how she stays sane as a busy mum and superstar.

I keep my fitness routine fresh by

switching it up so my body and mind don't get bored. I do circuit training, Tracy Anderson Method, and cardio. I also spend time in the dance studio when I'm getting ready for a big performance; it's a great way to burn calories. I try to work out four times a week.

I can't start the day without

a smoothie in the morning, because as women grow older, we need more protein in our diets. I like BodyLab's TastyShake Complete Whey Protein Complex in **Decadent Chocolate Fudge!** I also love BodyLab's 7-Day Ultra Fast Slim Kit as a way to get back on track.

My trick for de-stressing is

to start the morning with positive messaging to get rid of negative thoughts. So before I leave my bedroom in the morning, I do a mix between meditation and affirmations, working on myself from the inside out. A massage every now and again doesn't hurt, either!



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